

Carrot & Chickpea Salad

Serves 8



Ingredients:

- 3 Tablespoons olive oil
- 2 Tablespoons lemon juice (about 1 lemon)
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/8 teaspoon cayenne
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 packed cups cilantro leaves & stems, finely chopped
- 2 Tablespoons parsley leaves, finely chopped
- 2 cups shredded carrots (about 3 medium)
- 1 (14-ounce) can low-sodium chickpeas, drained & rinsed



Instructions:

1. In a large bowl, combine olive oil, lemon juice, minced garlic, cumin, smoked paprika, cayenne, salt, and black pepper. Set aside for 10 to 15 minutes to let the flavors blend.
2. Meanwhile, prepare the chopped cilantro and parsley, and shredded carrots.
3. Stir cilantro, parsley, carrots, and chickpeas into the seasoning blend and mix well.
4. Taste and adjust seasoning, if needed.
5. Enjoy!

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Nutrition Facts

Serving Size1 × 8 Serving

Amount Per Serving

Calories130.1

% Daily Value*

Total Fat	6.6 g	9 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	99.4 mg	4 %
Total Carbohydrate	14.9 g	5 %
Dietary Fiber	4.3 g	15 %
Total Sugars	3.5 g	
Added Sugars	0 g	0 %
Protein	4 g	
Vitamin D	0 mcg	0 %
Calcium	39.8 mg	3 %
Iron	1 mg	6 %
Potassium	196.7 mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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