

Toasted Cumin Chickpea Salad



5 servings

Prep Time: 15 min Cook Time: 0 min

1 15-oz. can chickpeas (garbanzo beans),
drained & rinsed

1 medium cucumber, peeled and diced

1/2 c. sundried tomatoes, chopped

1 bell pepper, chopped

1/3 c. crumbled feta cheese

1 T. cumin seeds, toasted

2-4 T. lemon juice

1-2 T. olive oil

salt & pepper, to taste

Combine all ingredients in a mixing bowl. Toss to combine. Adjust salt & pepper as needed. Will keep refrigerated for 4-5 days.

Nutrition Facts per serving

Calories 91 , Protein 4 g, Carbohydrate 9 g, Total Fat 5 g, Saturated Fat 1 g,
Fiber 3 g, Sugar 4 g, Sodium 169 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.