Tomato Chickpea Salad

6 servings

Prep Time: 15 min   Cook Time: 0 min

1 15-oz can garbanzo beans, drained & rinsed
2 t. ground cumin
1 pint cherry tomatoes
1/3 c. finely chopped kale
salt & pepper to taste
3 T. olive oil
2 T. cider vinegar

2 T. minced onion
kosher salt
freshly ground black pepper

Pour the chickpeas in a bowl. Add the cumin and toss to coat.

For the vinaigrette, whisk the oil, vinegar, onion, a pinch of salt, and a few grinds of black pepper together in a large bowl.

Add the chickpeas, tomatoes, and kale to the vinaigrette. Toss everything to combine. Taste and adjust seasonings, adding more salt and pepper as needed.

Nutrition Facts per serving

Calories 201, Protein 8 g, Carbohydrate 24 g, Total Fat 10 g, Saturated Fat 1 g, Fiber 8 g, Sugar 11 g, Sodium 451 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.