

# Tomato Chickpea Salad



6 servings

Prep Time: 15 min Cook Time: 0 min

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

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.