



The Kitchen at Second Harvest Mediterranean Chickpea Salad

try at home recipe

Recipe modified from aheadofthyme.com

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Ingredients

- 2 (15 oz) cans chickpeas
- 1 bell pepper, diced
- 1 large English cucumber, diced
- 1 cup cherry tomatoes, halved
- 1 cup Kalamata olives (optional)
- 1/4 cup red onions, diced
- 1/4 cup fresh parsley, finely chopped
- 1/2 cup feta cheese, crumbled
- 4 cups spinach (optional)

Dressing:

- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 Tbsp lemon juice
- 1 tsp Dijon mustard
- 1/4 tsp salt
- 1/4 tsp black pepper

Yield: 6 servings

Serving Size: 1 serving

Directions

1. Drain and rinse chickpeas. Wash and dice bell pepper, cucumber, and red onions. Wash and halve tomatoes.
2. In a large mixing bowl, add chickpeas, bell pepper, cucumber, tomatoes, onion, parsley, and feta cheese.
3. In another bowl, whisk together olive oil, balsamic vinegar, lemon juice, Dijon mustard, salt & pepper.
4. Toss dressing into salad. Serve over spinach.



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and ways to get involved!



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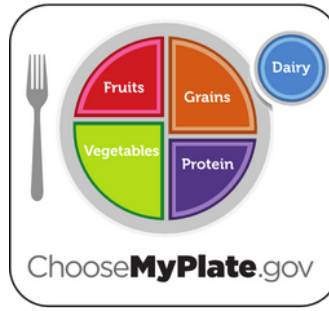


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

Cooking Tips

- Serve over spinach or other greens for added nutrients!
- Drain and rinse canned chickpeas to remove added sodium
- To make this recipe dairy free, substitute the feta for another protein source (hard boiled eggs or toasted nuts)

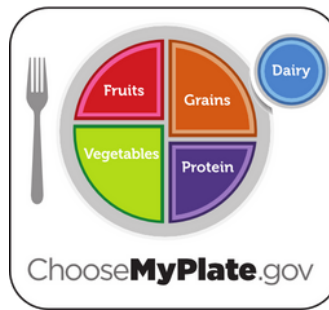
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
6 servings per container	
Serving size	1 Serving
Amount Per Serving	
Calories	350
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 4.3g	22%
Trans Fat 0.2g	
Cholesterol 20mg	7%
Sodium 800mg	35%
Total Carbohydrate 40g	15%
Dietary Fiber 11g	39%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 3.78mg	20%
Potassium 423mg	8%
*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.	

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