

# Chickpea Salad



**Chickpeas are a great source of dietary fiber that can help with inflammation & help lower blood glucose levels.**

## Ingredients

- 3 tbs olive oil
- 1/4 cup cilantro chopped
- 2 limes
- 1 can of drained & rinsed chickpeas
- 1 diced Cucumber
- 1/4 purple onion thinly sliced
- 1 diced tomato
- salt
- pepper

## Procedure

1. Drain & rinse one can of chickpeas.
2. Add chopped cucumbers, tomatoes, & red onion in a bowl with the chickpeas.
3. Combine the olive oil, cilantro, lime juice, salt & pepper to taste in a separate bowl & add on top of salad.

**NUTRITION  
FACTS**  
**SERVING SIZE:  
1 CUP**  
**CALORIES:  
182KCAL**  
**CARBOHYDRATES:  
29 G**  
**PROTEIN:  
6 G**

