

Recipe of the Month – July 2022

Chickpea Salad

Serves 4

Serving Size: 1 cup

Cost per Serving: \$0.57

Ingredients:

3/4 cup (*half of a 15.5 ounce can*) canned chickpeas
(*drained and rinsed*)

2 cups spinach, chopped

1 cup carrots (*finely chopped*)

3/4 cup celery (*finely chopped*)

1 green onion, sliced

2 tablespoons parsley, minced

1/8 teaspoon salt

1/4 teaspoon ground black pepper

1/4 teaspoon garlic powder

1 tablespoon mayonnaise



Directions:

1. Combine all ingredients in a medium bowl. Stir until vegetables are coated with mayonnaise.
2. Serve right away or cover tightly and store in the refrigerator for up to one day.

Tips:

- Use 1/2 teaspoon dried parsley or another fresh herb (such as basil) if fresh parsley is not available.
- Chickpeas are also known as garbanzo beans. Use leftover chickpeas as a topping to a salad or add them to a soup.
- Wash and dry all fresh produce before preparation.

Nutrition Facts per Serving: 90 calories, 3.5g total Fat (0g sat. fat), 0mg Cholesterol,
210mg Sodium, 11g Carbohydrates, 4g Fiber, 3g Sugar, 3g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

1000 Locust Street, PO Box 670

Owensville, OH 45160

Phone: 513-732-7070