

# Chickpea Salad

## Entrée



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

Makes 3 servings

### Ingredients:

- One 15 oz. can of chickpeas drained and rinsed.
- 1-2 tsp mustard
- 1 Tbsp fresh parsley (if dried parsley is used, cut to 1/2 tsp.)
- 2 Tbsp. Mayonnaise
- 2 Tbsp. Lowfat Plain Greek Yogurt
- 2 Tbsp. Slivered Almonds (toasted)
- ¼ cup red onion (small dice)
- ¼ cup celery (small dice)
- salt and pepper to taste

### Directions:

1. Place Chickpeas in a bowl large enough for you to work your hand in. With gloves or a pastry cutter smash chickpeas until they begin to stick together. (I like to leave it with some of the garbanzo beans less mashed so there is a variation in texture.)
2. Add remaining ingredients and mix until all ingredients are well combined and coated in the dressing.
3. Season with salt and pepper to taste.
4. You can serve this as a sandwich, in lettuce cups, a whole wheat wrap or even just as a protein for your salad.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(125g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 62mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 175mg	<b>4%</b>

\*The % Daily Value 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.