

Chickpea Salad

Serves four

2 cans - 15 oz (439 grams) chickpeas aka garbanzos
2 tablespoons fresh lemon juice
1/4 cup olive oil (preferably extra virgin)
3 carrots — peeled and shredded
1 cup arugula — coarsely chopped
1/2 cup Kalamata olives — chopped
Salt and pepper to taste

Drain and rinse the chickpeas and put them in a microwave proof bowl. Make sure to shake any excess water well. Place the bowl in the microwave for 2 minutes. We need the garbanzos to be hot so that they absorb the lemon and olive oil.

Add the lemon juice, oil, salt and pepper to the hot chickpeas. Mix well. Set aside for 30 minutes before continuing with the salad.

Add the rest of the ingredients. Toss and taste to see if you need to adjust the salt.

Enjoy!

Calories 478.122 kcal, Fat, Total 23.083 g, Saturated Fat 3.199 g, Sugar, Total 14.443 g, Total Carbohydrate 49.889 g, Dietary Fiber 16.344 g Protein 18.863 g, Cholesterol 0.000 mg, Trans Fatty Acid 0.000 g, Sodium 895.895 mg,

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