



Chickpea Asparagus Salad

This recipe is so simple to make and uses a pantry staple - canned chickpeas. Feel free to experiment with different vegetables you have on hand as the vinaigrette goes well with a variety of salads. The chickpeas are a great source of fibre and protein. Serving this vegetarian salad with some fresh bread makes it a complete meal.

Prep: 20 minutes • Total: 35 minutes

Ingredients:

Eggs	2	2
Asparagus (trimmed, cut into 2 in.)	1 Bunch	Approx. 15 spears
Extra virgin olive oil	¼ cup	60 mL
Sherry vinegar	2 Tbsp	30 mL
Parmesan (grated)	3 Tbsp	45 mL
Fresh parsley (chopped)	2 Tbsp	30 mL
Lemon (zest)	1 lemon	1 lemon
Black pepper	¼ tsp	2 mL
Canned chickpeas (rinsed & drained)	15.5 oz can	450 mL
Radishes (thinly sliced)	1 Bunch	Approx. 5

Directions:

- Place eggs in a saucepan so that there is 1 inch of water over the eggs. Cover and bring to a boil.
- Once boiling, remove from heat and leave the cover on for 12 minutes. Remove eggs with slotted spoon and run them under cold water. Peel and set aside.
- Bring the water back to a boil then add the asparagus. Cook until tender-crisp, approximately 3 minutes. Drain.
- In a large mixing bowl, whisk together the oil, vinegar, parmesan, parsley, lemon zest, and pepper.
- Roughly chop the eggs and add to the dressing.
- Stir in the asparagus, chickpeas, and radishes until well-coated.
- Divide amongst four plates and enjoy with a fresh loaf of bread.

Nutrition Facts

Serving Size (256g)		Servings Per Container	
Amount Per Serving			
Calories 300	Calories from Fat 180		
		% Daily Value*	
Total Fat 20g			31%
Saturated Fat 3.5g			18%
Trans Fat 0g			
Cholesterol 125mg			42%
Sodium 420mg			18%
Total Carbohydrate 19g			6%
Dietary Fiber 5g			20%
Sugars 5g			
Protein 12g			
Vitamin A 10%	•	Vitamin C 10%	
Calcium 10%	•	Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Adapted from: Fitness magazine

Makes 4 servings (256 g / serving) • 1 serving = ¼ recipe

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