



# Pack-to-Go Chickpea Salad

*Make this salad the night before to shake-up the usual packed sandwich for lunch. Fresh herbs brighten the flavour of chickpeas. If you decide to use dried herbs instead of fresh, reduce the amount.*

Prep: 15 minutes • Total: 20 minutes + refrigeration time

## Ingredients:

Red wine vinegar	2 Tbsp	30 mL
Olive or canola oil	1 Tbsp	15 mL
Garlic clove, minced	1 clove	1 clove
Salt	¼ tsp	pinch
Ground black pepper	¼ tsp	1 mL
Canned chickpeas, drained & rinsed	1 can	540 mL
Sweet red pepper, diced	¼ cup	50 mL
Cucumber, diced	¼ cup	50 mL
Onion, diced	¼ cup	50 mL
Pitted black olives	¼ cup	50 mL
Fresh parsley	1 Tbsp	15 mL
Fresh oregano, rosemary, thyme	1 tsp each	5 mL each

## Directions:

1. In a bowl, whisk together vinegar, oil, garlic, salt, and pepper. Set aside.
2. In a large bowl, combine chickpeas, red pepper, cucumber, onion, olives, parsley, oregano, rosemary, and thyme.
3. Pour vinegar mixture over salad, tossing gently.
4. Cover and refrigerate for several hours or overnight to allow flavours to blend.

## Nutrition Facts

Serving Size (154g)  
Servings Per Container

### Amount Per Serving

**Calories** 160      **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g      **8%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 250mg      **10%**

**Total Carbohydrate** 22g      **7%**

Dietary Fiber 5g      **20%**

Sugars 2g

**Protein** 6g

Vitamin A 6%      • Vitamin C 25%

Calcium 6%      • Iron 8%

\*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: Choice Menus*

Makes 4 servings • 1 serving = ¾ cup

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