**Chickpea salad recipe**

**Ingredients:**

Chickpeas cooked/canned 3 cups

**Any left-over raw vegetables and up to 2-3 fruits**

Cauliflower diced 2 cups

Cucumber diced 1 cup

Tomato diced 1 cup

Apple diced 1 cup

Pear diced 1 cup

Horse radish diced 1 cup

Onion red or white diced ¾ cup

Turnip diced ½ cup

Green bell pepper ½ cup

Green banana pepper ½ cup

**Ingredients to add flavour to chickpeas:**

Oil 3 tbsp

Cumin seeds 2 tsp

Salt 1 ½ tsp

Coriander powder 1 tsp

Black pepper powder 1 tsp

Red chili flakes 1 tsp (optional)

Note: Tsp is teaspoon, tbsp is tablespoon

**Preparation:**

1. For dry chickpeas, soak for at least 4 hours or overnight
2. Cook in pressure cooker for 7 minutes with ¾ cup water until soft or cook in a pot for about 15-20 minutes until soft with 2 cups water with salt
3. Cut up the vegetables and fruits in bite size cubes
4. Heat oil in a sauce pan, add cumin seeds, cook until brown
5. Add the onion and cook for about a minute
6. Add the cooked chickpea on top and mix it well until the oil coats the chickpeas
7. Add all the spices, mix well and turn off the stove

**Description:**

* Total yield is 12 cups, 2 cups are equal to ⁓ 1 protein serving and ⁓2 vegetable servings, high fibre, wholesome meal, low fat, full of nutrients, flavourful, healthy choice. Can keep in refrigerator for 3-4 days.
* Could use any kind of seasonings or herbs or spices that you like
* Could be used as a snack or side salad
* Could pe part of main meal with small starch/grain and protein portion
* Could be used as it is as main meal, if add ¾ cup of low fat yogurt or ½ cup low fat unsweetened Greek yogurt