**Chickpea salad recipe**

**Ingredients:**

Chickpeas sprouted 3 cups

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

Cucumber diced 2 cups

Tomato diced 1 cup

Apple diced 1 cup

Mango chopped 1 cup

Sweet onion 1 cup

Tangerine diced ¾ cup

Green chilli pepper chopped 2 small

**Ingredients to add flavour to chickpeas:**

Oil 2 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. Leave it on the counter, moist, covered for 24-36 hours until desired length of sprouts-1inch
3. Heat oil in a sauce pan, add cumin seeds, cook until brown
4. Add the onion and green chilies and cook for about a minute
5. Add drained chickpeas and salt and cook for about 5-7 minutes, covered, low to medium heat until soft
6. Add all the spices, mix well and turn off the stove
7. Let the chickpeas cool down
8. Cut up the vegetables and fruits in bite size cubes and add to the chickpeas mixture, serve cold

**Description:**

* Total yield is 10 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