



# Cucumber & Chickpea Salad

YIELD: 4 SERVINGS

PREP TIME: 15MIN

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**PREP TIP:** TO SEED A CUCUMBER, CUT IT IN HALF LENGTHWISE, THEN SCOOP OUT THE SEEDS WITH A SPOON.

**CHANGE IT UP:** USE ANY KIND OF CANNED BEANS YOU LIKE IN THIS RECIPE SUCH AS KIDNEY BEANS OR PINTO BEANS.

**NUTRITION TIP:** BEANS ARE A GOOD SOURCE OF LEAN PROTEIN. PLUS, THEY TASTE GOOD AND ARE FILLING.

## INGREDIENTS:

- CHICKPEAS 1(15OZ) CAN, RINSED AND DRAINED
- 1/2 ONION, CHOPPED
- 1/2 CUCUMBER, SEEDED AND DICED
- 1 TOMATO, CHOPPED
- 1/4 CUP FAT-FREE ITALIAN DRESSING
- 1/4 TEASPOON GARLIC POWDER
- 1/4 TEASPOON SALT
- 1/4 TEASPOON PEPPER

## INSTRUCTIONS:

1. IN ONE MEDIUM BOWL COMBINE ALL INGREDIENTS
2. MIX WELL AND SERVE

## NUTRITION FACTS (PER PORTION)

-150 CALORIES -29G CARBOHYDRATES  
-1.5G FAT -5.6G FIBER  
-6.1G PROTEIN -629MG SODIUM



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