

Side | Snack | Lunch

# **Greek-Inspired Chickpea Salad**

**Side Effect: Constipation** 

**10 Mins Prep Time** 

0 Mins **Cook Time** 

Servings

371 Calories 16g Fat 39g Carbs 11g Protein



# **Ingredients**

4 Servings

10 Mins Total Time



**○** Allergens: None

2 (14 oz) Cans Chickpeas, rinsed and drained



1 Yellow Bell Pepper, washed and diced 🖤



1/4 Cup Kalamata Olives, halved or diced

1/3 Cup Cherry Tomatoes, washed and halved



1 Red Onion, rinsed and diced

1 Tsp Dried Oregano

2 Cloves Garlic, minced

1 Tsp Red Pepper Flakes

1 Lemon, washed and juiced

1/4 Cup Extra Virgin Olive Oil, more if mixture is too dry

Salt and Pepper, to taste

#### **Nourishment Note**



### **Ohickpeas**

Chickpeas are rich in both insoluble and soluble fiber, but the high insoluble fiber content helps with relieving constipation. Chickpeas are also a great source of folate, an important nutrient for cell growth.



#### Bell Pepper

Most vegetable skins, such as those on a bell pepper, are a good source of insoluble fiber. Peppers also contain vitamin C important to immune health.



#### **One Contract Tomatoes**

The skin of vegetables is a good source of insoluble fiber. Tomatoes are also a great source of lycopene to help reduce the risk of heart disease and lower inflammation.



### **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Combine Ingredients

In a large mixing bowl, add all ingredients. Mix to combine.

#### 4. Refrigerate & Store

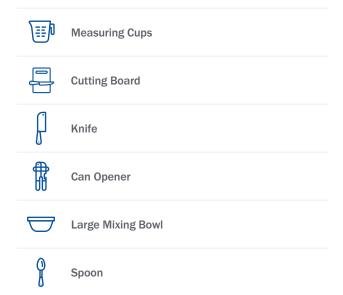
Refrigerate salad within 2 hours of preparing. Salad will keep, covered, in the refrigerator for 3 days.

#### 1. Wash Hands

Wash hands with soap and water.

Recipe adapted from: cookieandkate.com

## **What You'll Need**



#### **Fatigue Buster**

- Ask a friend or family member to prepare this dish.
- Use an electric can opener to open beans if a manual crank is too challenging.