

Lentil Chickpea Salad

10 ingredients · 30 minutes · 4 servings



Directions

1. Add all ingredients to a large bowl. Mix well. Taste and adjust flavor if desired.
2. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cups.

Additional Toppings

Feta cheese, olives, fresh dill.

No White Wine Vinegar

Use red white vinegar, apple cider vinegar, or lemon juice.

Ingredients

- 1 cup Green Lentils (cooked, drained)
- 2 cups Chickpeas (cooked, drained)
- 1/2 cup Red Onion (small, diced)
- 1 Red Bell Pepper (medium, diced)
- 1 Tomato (large, diced)
- 1/4 cup Parsley (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps White Wine Vinegar
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	275	Vitamin D	0IU
Fat	9g	Vitamin E	2mg
Carbs	37g	Vitamin K	73µg
Fiber	12g	Thiamine	0.2mg
Sugar	7g	Riboflavin	0.1mg
Protein	13g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	170mg	Folate	262µg
Potassium	595mg	Vitamin B12	0µg
Vitamin A	1695IU	Phosphorous	251mg
Vitamin C	51mg	Magnesium	67mg



Calcium	65mg	Zinc	2mg
Iron	5mg	Selenium	5µg