

Fresh Chickpea Salad



Ingredients for Grocery List:

Canned Chickpeas

Celery

Grape Tomatoes

Yellow Onion

Black Olives

Black Pepper

Garlic Powder

Everything Bagel Seasoning

Kraft Mayo with Olive Oil Reduced Fat Mayonnaise

3 15.5oz. Garbanzos Chickpeas

7 Celery Sticks

10oz. Grape Tomatoes

.5 Cup Chopped Yellow Onions

1 2.25oz. Sliced Black Olives

1 tsp. Ground Black Pepper

1 tsp. Garlic Powder

1.5 Tb. Everything Bagel Seasoning

.5 Kraft Mayo with Olive Oil Reduced Fat Mayonnaise

Step 1: Drain Garbanzos Chickpeas into a strainer and rinse with water. Use paper towel to dry the Garbanzos Chickpeas. Add Garbanzos Chickpeas into a large container (gallon size container)

Step 2: Cut Celery tops and ends. Slice 7 celery lengthwise and cut into 1.5-inch pieces. Add to large container.

Step 3: Cut Grape tomatoes in half, lengthwise. Add to large container.

Step 4: Chop Onion into small pieces. Add to large container.

Step 5: Drain can of sliced black olives. Add to large container.

Step 6: Add Black Pepper, Garlic Powder and Everything Seasoning into large container.

Step 7: Add Kraft Mayo with Olive Oil Reduced Fat Mayonnaise into large container, mix/stir all ingredients together.

Step 8: Place in refrigerator overnight. Serve chilled.

May salt to taste.

Nutrition Facts

Servings 10.0

.5 Cup

Amount Per Serving

calories 107

% Daily Value *

Total Fat 5 g 8 %

Saturated Fat 0 g 2 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 2 mg 1 %

Sodium 334 mg 14 %

Potassium 170 mg 5 %

Total

Carbohydrate 17 g 6 %

Dietary

Fiber 10 g 39 %

Sugars 1 g

Protein 3 g 5 %

Vitamin A 0 %

Vitamin C 1 %

Calcium	2 %
Iron	3 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have, they been evaluated by the U.S. FDA.