

CHICKPEA SALAD

Time: 15 minutes

Serves: 4

Ingredients:

2 tablespoons extra-virgin olive oil
1 tablespoon ground coriander
1 tablespoon ground cumin
¼ teaspoon ground turmeric
¼ teaspoon kosher salt
¼ teaspoon stevia
2 14-ounce cans chickpeas – rinsed and drained
¼ teaspoon fresh grated ginger
½ jalapeno – seeded and finely chopped
1 tomato – diced
½ cup fresh cilantro leaves - chopped

Preparation:

Heat the oil in a small pot of frying pan over medium heat.

Stir in the coriander, cumin turmeric, salt and stevia. Continue to stir for one minute then remove the pot from heat and set it aside.

Mix the balance of the ingredients in a medium bowl. Pour the oil mixture over the salad and stir it gently to coat everything evenly.

Serve the salad immediately or refrigerate it for up to one day.

Nutritional Information Per Serving:

Calories: 271
Fat: 9g
Carbs: 40g
Fibre: 8g
Protein: 9g