

CLEAN & TASTY

SEASONED CHICKPEA SALAD

<i>Serving</i>	<i>Time</i>	<i>Level</i>	<i>Kcal</i>
2	40 mins	easy	310

INGREDIENTS

- 1 head green leaf lettuce
- ¼ c fresh cilantro
- 1 can of chickpeas, drained and un-rinsed
- 1 cucumber, chopped
- 1-2 organic tomatoes, diced
- 1 t garlic
- 1 t dried oregano
- 1/8 t salt



DIRECTIONS

- Rinse and drain organic chickpeas. In a sauté pan, dry sauté chickpeas with garlic, salt and oregano until slightly browned. Stir frequently to prevent scorching. Set aside.
- Meanwhile, layer the bottom of a salad bowl with lettuce, then tomatoes, cucumber, seasoned chickpeas, cilantro.
- Alternate each layer so that each layer is filled with yummy goodness. Top with fresh cilantro and a spread of avocado. Use the Pimento Crushed Salad dressing or another favorite.



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PIMENTO CRUSHED SALAD DRESSING

INGREDIENTS

- 4 T lemon juice
- 3/4 c water
- 2 large garlic cloves
(or 1 jumbo-more if you like)
- 2 T pure maple syrup
or local honey
- 3 T ACV
- 1 t dried basil
- 1/4 t smoked paprika
- 2 pimento seeds
crushed
- 1 t salt

DIRECTIONS

- Place all ingredients in your high speed blender and blend smooth.
- Serve over your favorite salad.

<i>Serving</i>	<i>Time</i>	<i>Level</i>
multiple	10 mins	easy

