

Chickpea Salad



Ingredients:

- 1 (7 oz) can chickpeas, rinsed
- 3 cups cucumber, peeled, seeded and diced
- 2 cups grape tomatoes, halved (or cherry tomatoes)
- ¼ cup crumbled reduced-fat feta cheese
- ¼ cup red onion, diced
- ½ cup light dill ranch dressing (if you want to make your own dressing recipe follows or us plain light ranch and add fresh dill)
- Freshly ground pepper, to taste

Dill Ranch Dressing

- small shallot, peeled
- ¾ cup nonfat cottage cheese
- ¼ cup reduced-fat mayonnaise
- 2 tbsp milk powder
- 2 tbsp white-wine vinegar
- ¼ cup nonfat milk
- 1 tbsp fresh dill, chopped
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper

Making the dressing:

1. With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayonnaise, milk powder and vinegar. Process until smooth, scraping down the sides as necessary (~3 min). Pour in milk while the processor is running. Scrape down the sides; add dill, salt and pepper and process until combined.

Making it:

1. Place chickpeas and chopped cucumber, tomatoes, cheese, onion, dressing and pepper in a medium bowl.
2. Mix with dressing until coated.

Tips and Hints:

- You can add many other vegetables to chick peas salad. Try adding carrots, peppers, green or red pepper, broccoli or cauliflower.
- For a protein boost you can add cooked lean back bacon or chicken breast.

NUTRITION FACTS

Servings: 6
 Serving Size: 1 cup

Total Calories	157
Carbohydrate	29 g
Total Fat	2 g
Protein	6 g
Fiber	5 g

Prep Time: 10
 Cook Time: 0