

Cool as a Cucumber Chickpea Salad

Serve this salad with sliced fruit and a whole wheat baguette on a hot summer day.

Serves 8



Nutrition Facts

Serving Size about 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 210 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 430mg **18%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 1g **4%**

 Sugars 3g

Protein 10g

Vitamin A 8% • Vitamin C 10%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

Dressing:

- 2 tablespoons fresh dill, finely chopped
- 2 tablespoons plain yogurt
- 1 tablespoon mayonnaise
- ¼ cup buttermilk
- Salt and pepper to taste

Salad:

- 2 15-ounce cans chickpeas, drained and rinsed
- 2 medium cucumbers, peeled, seeded and chopped
- ½ cup finely chopped kalamata olives
- 2 tomatoes, seeded and chopped
- ½ cup feta cheese, crumbled

Directions

1. Combine dressing ingredients in a large bowl and whisk together well.
2. Mix remaining ingredients and gently stir into dressing.
3. Serve salad at room temperature or chill and serve later.

