

BEEF AND CHICKPEA SALAD RECIPE

Prep Time: 15 minutes

Cook Time: 15 minutes chill time

Included in Box:

- 1 (15-oz) can low sodium garbanzo beans, drained and rinsed
- 1 (15-oz) can no salt beets, drained, rinsed, chopped

Additional Ingredients Needed:

- ½ small onion (~¼ c.), thinly sliced
- ¼ cup crumbled feta cheese
- 2 T olive oil or vegetable oil
- 2 T red wine vinegar or apple cider vinegar
- 1 T honey

Directions:

1. Combine garbanzo beans, beets, onion, and feta cheese in a large bowl.
2. In a separate bowl, mix together oil, vinegar, and honey. Pour over other ingredients.
3. Chill salad for at least 15 minutes before serving.

Tip: Add 1 (4.5-oz) can of chicken (drained and rinsed) to make this side dish into a meal.



Nutrition Facts*

Total Servings: 4
Serving Size: ½-¾ cup
Calories: 180
Fat: 5 g
Sodium: 239 g
Carbohydrates: 26 g
Fiber: 8 g
Protein: 8 g
Carbohydrate Servings: 1 ½

**Nutrition facts include low sodium garbanzo beans, no salt beets, white onion, feta cheese, olive oil, vinegar, honey*