



## **Beet and Chickpea Salad**

3 servings

- 2-3 beets, cooked and peeled
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 Tablespoon lime juice
- 1 teaspoon chile sauce or hot sauce
- 1 Tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup peanuts
- 1. Wash hands with soap and water.
- 2. Rinse beets under cool running water.
- 3. Bring a pot of water to a boil. Cut off stems of beets, leaving about an inch.
- 4. Place beets in pot of boiling water, cover and let simmer for about 45 minutes, or until tender.
- 5. While beets are cooking, in a small bowl, combine lime juice, chile or hot sauce, vegetable oil, salt and pepper.
- 6. Strain beets once done and place in bowl of cold water. Once cool to the touch, cut off root and stems, then use hands to peel the skin off.
- 7. Rinse the beets and chop into 1-inch pieces.
- 8. Combine beets, chickpeas, peanuts and dressing.
- 9. Store leftovers in a sealed container in the refrigerator for up to four days.

## Notes:

You can wear plastic gloves to peel the skin off of the beets since they can stain your hands.

**Nutrition Information serving size (1 cup)**: Calories 230, Total Fat 13g, Saturated Fat 2g, Cholesterol 0mg, Sodium 600mg, Total Carbohydrates 23g, Fiber 7g, Total Sugars 3g, includes 0g Added Sugars, Protein 9g, Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 8%.



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