Beet and Chickpea Salad 3 servings



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Ingredients

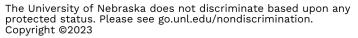
- 2-3 beets, cooked and peeled
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 Tablespoon lime juice
- 1 teaspoon chile sauce or hot sauce
- 1 Tablespoon vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- ¼ cup peanuts

Nutrition Information: Serving Size (1 cup): Calories 230, Total Fat 13g, Saturated Fat 2g, Cholesterol Omg, 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%

Instructions

- 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.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.





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