

## RECIPE:

### Beet and Chickpea Salad

Number of Servings: 3



#### Ingredients:

- 2-3 beets, cooked and peeled
- 1 (15 oz.) can chickpeas, drained and rinsed
- 1 T. lime juice
- 1 tsp. chile sauce or hot sauce
- 1 T. vegetable oil
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 c. peanuts

#### Directions:

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.

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

#### Nutrition Info:

| Nutrition Facts   |              |
|---|--------------|
| 3 servings per container  |              |
| <b>Serving size</b>   | <b>1 cup</b> |
| Amount per serving  |              |
| <b>Calories</b>   | <b>230</b>   |
| % Daily Value*  |              |
| <b>Total Fat</b> 13g  | <b>17%</b>   |
| Saturated Fat 2g  | 10%          |
| Trans Fat 0g  |              |
| <b>Cholesterol</b> 0mg  | <b>0%</b>    |
| <b>Sodium</b> 600mg   | <b>26%</b>   |
| <b>Total Carbohydrate</b> 23g   | <b>8%</b>    |
| Dietary Fiber 7g  | 25%          |
| Total Sugars 3g   |              |
| Includes 0g Added Sugars  | 0%           |
| <b>Protein</b> 9g   |              |
| Vitamin D 0mcg  | 0%           |
| Calcium 56mg  | 4%           |
| Iron 2mg  | 10%          |
| Potassium 360mg   | 8%           |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |              |

Recipe Credit: Nebraska Extension Nutrition Education Program