

Beet and Chickpea Salad

Nebraska Seasonal Produce Guide

3 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 2-3 beets, cooked and peeled
- 1 (15-ounce) can of 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

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 a 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 them in a bowl of cold water. Once cool to the touch, cut off the root and stems, then use hands to peel the skin off.
7. Rinse the beets and chop them 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.

Nutrition Information per Serving (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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