

Beet and Chickpea Salad

3 servings



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
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup peanuts

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%

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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