



Chickpea and Romaine Salad

a recipe from Georgia School Nutrition

YIELDS: 4 PREP TIME: 20 minutes

CATEGORY: Side

Ingredients:

- 15 oz can chickpeas (garbanzo beans)
- 2 each zucchini, medium size
- 2 each cucumber, medium size
- 1 each red onion
- 3 each hearts of romaine
- 2 sprigs fresh dill
- 1 oz lemon juice
- 2 oz apple cider vinegar
- 2 oz olive oil
- To Taste salt and pepper

Steps:

1. Wash and dry the produce.
2. Drain the chickpeas. Small dice the zucchini, cucumbers and red onion. Slice the romaine into bite size pieces. Rough chop the dill.
3. In a large bowl, add the beans, veggies and herbs then drizzle with the lemon juice, vinegar and olive oil.
4. Season with salt and pepper to taste. Toss to combine.
5. Allow to sit at least 15 minutes before serving. This allows the flavors to come together.

TOOLS AND EQUIPMENT:

Cutting board, chef's knife, large bowl, measuring spoons, measuring cup.