

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Garlic and Herb Chickpea Salad

Makes: 6 servings • **Active Time:** 20 minutes • **Total Time:** 30 minutes

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 2 teaspoons McCormick® Perfect Pinch® Salt Free Garlic & Herb Seasoning
- 1 can (15 ounces) chickpeas, drained & rinsed
- 1/2 cup diced cucumber
- 1/2 cup diced red bell pepper
- 1/2 cup diced zucchini
- 1/4 cup chopped red onion
- 1/2 cup of cherry tomatoes, sliced in half



Preparation

- Mix oil, vinegar and Seasoning in large bowl with wire whisk until well blended
- Add chickpeas, cucumber, bell pepper, zucchini, tomatoes and onion
- Toss to coat well then cover
- Refrigerate until ready to serve

Nutrition

Per serving: 125 calories, 6g fat, 14g carbohydrate, 5g fiber, 4g protein