the center
For Naturopathic Medicine & Functional Nutrition

Mashed Chickpea Salad

Prep Time	5 mins
Total Time	10 mins
Meal Type	Lunch,Dinner,Snack,Side
Servings	2



Ingredients

lb,c | g,ml

- 1 15 ounce Chickpeas, canned, *Drained and Rinsed*
- 1/2 Lemon, *Juiced and Zested* (for 1 tsp zest)
- 1 Tbs Olive Oil
- 2 Tbs Olives, kalamata, *Pitted and Chopped*
- 1/2 cup celery, *chopped*
- 1/4 Onion, red, *Chopped*
- 1 Tbs Parsley, fresh, *Chopped*
- Salt, *to taste*
- Pepper, *to taste*
- 3 Tbs sunflower seeds, raw

Directions

Prep

1. Chop olives, celery, onion, and parsley. Zest and juice lemon.
2. Drain and rinse chickpeas.

Make

1. Add chickpea, lemon juice, 1 teaspoon of zest, and olive oil to a bowl. Using a potato masher or fork, mash chickpeas to a coarse paste.
2. Mix in the chopped ingredients, sunflower seeds, and season to taste.
3. Enjoy on a bed of greens or as a filling for your favorite sandwich [we LOVE using romaine lettuce leaves as a vehicle.]

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving **353**

Amount/serving	% Daily Value*
Total Fat 14.6g	22%
Saturated Fat 1.6g	8%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 661mg	28%

Amount/serving	% Daily Value*
Total Carbohydrates 44g	14%
Dietary Fiber 13g	53%
Total Sugars 5g	
Protein 13g	

Vitamin D 0mcg 0% · Calcium 123mg 12% · Iron 4mg 22% · Potassium 708mg 15%

* The percent Daily Value (DV) 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.

Source: Living Plate

- Show all nutrients -