

Curried Chickpea Salad

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-chickpea-salad-recipe>

Ingredients:

- 2 cans chickpeas garbanzo beans, rinsed well and drained
- 4 teaspoons olive oil 1 T + 1 tsp.
- 2 onions small, finely chopped
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper
- 4 tablespoons chopped cilantro
- 2 tablespoons lemon juice plus more to brighten the flavor when serving if desired
- sea salt to taste

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 46 grams
3. Fat: 6 grams
4. Fiber: 8 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 680 milligrams
8. Sugar: 2 grams

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