

# Chickpea Dill Salad

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-fruit-and-vegetable-salad-recipe>

## Ingredients:

- 15 ounces chickpeas can of, drained or 1 1/2 cup cooked chickpeas
- 1/2 cup sliced onion or chopped
- 1 cup chopped tomato
- 1 cup chopped cilantro or parsley
- 1/2 cup apple chopped, or other juicy fruit of choice
- 1 cup fresh spinach chopped, packed, use less or more to preferences
- 1/2 cup extra-firm tofu or crumbled up firm, or use vegan feta for Soyfree
- 1 teaspoon dried dill or 1.5 tbsp fresh dill
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice or more to taste
- 1 clove garlic minced
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon salt
- 1 1/2 cups cooked chickpeas
- veggies
- tomatoes
- spinach
- herbs
- chopped cilantro
- apples
- fruit
- extra firm tofu or crumbled up firm, is added to act as feta and to get some more protein

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 59 grams
3. Fat: 11 grams
4. Fiber: 11 grams
5. Protein: 15 grams

6. SaturatedFat: 1.5 grams
  7. Sodium: 830 milligrams
  8. Sugar: 12 grams
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