

Pan-fried Chickpea Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-yogurt-salad-recipe>

Ingredients:

- 1 tablespoon clarified butter olive oil, or coconut oil
- 2 cups chickpeas cooked, garbanzo beans, pat them completely dry with clean dish towel
- 1 cup leeks chopped
- 1 clove garlic minced
- 1 lemon
- 1/3 cup plain yogurt I typically use low-fat Greek
- 1 1/2 teaspoons curry powder Indian-style, or to taste
- 1/4 teaspoon fine grain sea salt
- 2 tablespoons warm water
- 1/2 cup fresh cilantro loosely packed, chopped
- 1/2 cup red onion or red spring onions, chopped

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 10 milligrams
4. Fat: 4.5 grams
5. Fiber: 7 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 460 milligrams
9. Sugar: 3 grams

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