

Chickpea Salad with Mexican Mango Dressing

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-beans-recipe-with-canned-beans>

Ingredients:

- 1 1/2 cups dried chickpeas soaked overnight, or 3 cups cooked, about 2x15oz cans
- 2 cinnamon sticks
- 1 red bell pepper chopped
- 3 carrots chopped, I used yellow and purple heirloom carrots which made it very colourful
- 1 cup baby spinach thinly sliced
- 1/2 cup cilantro chopped
- 1 mango large, ripe
- 1/4 cup lime juice freshly squeezed
- 2 green onions large, with tops
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon chili flakes Aleppo, to taste, or your favourite chili
- canned beans if using, consider adding a touch of cinnamon
- avocado optional
- lime wedges optional
- sprouts optional
- pumpkin seeds optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 46 grams
3. Fat: 14 grams
4. Fiber: 12 grams
5. Protein: 12 grams
6. SaturatedFat: 2 grams
7. Sodium: 240 milligrams
8. Sugar: 14 grams

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