

Tahini Avocado Chickpea Salad

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/north-india-green-vegetable-recipe>

Ingredients:

- 1 avocado small, about 1/2 cup flesh
- 1 1/2 teaspoons extra virgin olive oil
- 1 garlic clove chopped finely
- 3 tablespoons tahini or to taste
- 3 tablespoons water depending on the thickness desired
- 2 tablespoons lemon juice or to taste
- 1/2 tablespoon lime juice if preferred
- 3/4 teaspoon cumin or to taste
- 1/2 teaspoon coriander
- 3/8 teaspoon kosher salt
- 2 1/2 cups greens I used mix of romaine and spinach
- 1 cup chickpeas cooked
- 3/4 cup veggies chopped, I used red onion, cucumber, orange pepper, tomato
- ground black pepper
- paprika
- dressing Tahini Avocado, whatever amount you desire! I used about 3-4 tbsp

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 24 grams
3. Fat: 19 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. SaturatedFat: 3 grams
7. Sodium: 440 milligrams
8. Sugar: 2 grams

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