

Spinach and Arugula Salad with Indian Spiced Chickpeas

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- red onions
- kosher salt
- freshly ground black pepper
- olive oil
- garlic
- brown mustard seeds
- cumin seeds
- chickpeas
- chopped fresh basil
- fresh spinach leaves
- arugula
- freshly squeezed lemon juice
- 3 medium red onions trimmed and cut into wedges
- kosher salt
- freshly ground black pepper
- 4 tablespoons extra virgin olive oil
- 2 teaspoons brown mustard seeds
- 3 medium garlic cloves peeled and minced
- 2 teaspoons cumin seeds
- 15 ounces chickpeas drained and rinsed
- 4 handfuls arugula
- 4 handfuls fresh spinach leaves
- 1 tablespoon chopped fresh basil
- 1 large lemon juiced

Nutrition:

1. Calories: 380 calories

2. Carbohydrate: 44 grams
 3. Fat: 21 grams
 4. Fiber: 9 grams
 5. Protein: 9 grams
 6. SaturatedFat: 2.5 grams
 7. Sodium: 760 milligrams
 8. Sugar: 5 grams
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