

Chickpea Tomato Salad

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-tomato-salad-recipe>

Ingredients:

- 19 ounces chickpeas garbanzo beans, rinsed and drained
- 3 tomatoes large
- 1 stalk celery
- 1 red pepper diced
- 4 green onions
- chopped parsley fresh
- basil fresh chopped
- 2 tablespoons olive oil
- 2 tablespoons vinegar
- salt
- pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 26 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 410 milligrams
8. Sugar: 3 grams

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