

Betty's Colorful Chickpea Salad Recipe



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In this video, Betty demonstrates how to make a nutritious, diet-conscious Colorful Chickpea Salad. This salad has chickpeas (garbanzo beans), English cucumber, green bell pepper, red bell pepper, cherry tomato halves, cilantro and some spices, and is drizzled with lighter flavor olive oil. It is colorful and appealing, and you can have quite a large serving without spoiling your New Year's diet!

Ingredients:

- 16 oz. can chick peas (garbanzo beans), drained, rinsed, and dried with a paper towel
- 1/2 English cucumber, sliced in half-slices (You may use a regular cucumber, if you prefer.)
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1/2 of a 10-oz. container of grape tomatoes, halved (You may use cherry tomatoes.)
- 1/4 cup chopped cilantro
- 1/2 teaspoon garlic powder
- 1/2 teaspoon seasoned pepper (You may use freshly ground black pepper.)
- 1/4 teaspoon salt
- 1/4 cup lighter flavor olive oil

Drain and rinse a 16-oz. can of chick peas, Pat dry with a paper towel. Place into a large mixing (or serving) bowl. Add 1/2 of an English cucumber, sliced into half-slices, 1/2 chopped green bell pepper, 1/2 chopped red bell pepper, 1/2 of a 10-oz. container of halved grape tomatoes, and 1/4 cup chopped cilantro. Stir to combine. Sprinkle 1/2 teaspoon garlic powder, 1/2 teaspoon seasoned pepper, and 1/4 teaspoon salt over the top. Stir again, to combine flavors. Drizzle about 1/4 cup lighter flavor olive oil over the top, and fold it into the salad. You may serve this salad immediately, but it is actually better if you cover it with plastic wrap and place it in the refrigerator for about 4 hours, or until ready to serve. This is a nutritious, low calorie salad that is beautiful, and you will love the blend of flavors. It can serve as an entire meal! Enjoy!!! --Betty :)