

Mixed Green Salad with Popcorn Croutons

- 6 cups mixed greens
- 1 red pepper, diced
- 1 can no-salt-added chickpeas, drained and rinsed
- 2 cups popped plain popcorn

Dressing:

- ¼ cup olive oil
- 2 tbs $\frac{1}{2}$ balsamic vinegar
- 1 tsp Dijon mustard
- pinch salt and pepper

On a large platter, arrange greens. Top with red pepper, chickpeas and popcorn. In a small bowl, whisk together oil, vinegar, mustard, salt and pepper. Pour over greens and toss to coat. Serve immediately.



Makes 4 servings. Each:

- 284 calories
- 7g protein
- 16g total fat
- 30g carb
- 2g sugar
- 7g fiber
- 440mg sodium