

Fresh Herb Salad With Chickpeas

EASY recipe

6 cups baby spinach
1½ cups fresh chopped parsley
½ cup fresh chopped tarragon
2 tbsp fresh chopped chives
1 red apple, cored and diced
1 stalk celery, diced

1 can (15 oz.) no-salt-added chickpeas, drained
3 tbsp olive oil
2 tbsp fresh lemon juice
1 tsp Dijon mustard
¼ tsp salt
pinch freshly ground pepper



In a large serving bowl, combine spinach, parsley, tarragon, chives, apple and celery. **Add** chickpeas and mix well. **In** a small container with lid, combine olive oil, lemon juice, mustard, salt and pepper. **Shake** well and pour dressing over salad greens. **Toss** and serve.

Makes 4 servings. Per serving: 239 calories | 8g protein | 13g total fat | 1g saturated fat
8g mono fat | 2g poly fat | 29g carbohydrate | 4g sugar | 8g fiber | 288mg sodium