



# Black Bean and Chickpea Salad

10 Servings • 1 Serving = 1 Cup

## INGREDIENTS

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 (15 ounce) can black beans, no salt added, drained and rinsed
- 1 bunch green onions, chopped
- 4 tomatoes, chopped
- 1 large red onion, chopped
- 1 green bell pepper, chopped
- 1 bunch parsley, finely chopped
- Juice of 2 limes
- 2 cloves garlic, minced
- ¼ teaspoon ground cumin
- 2 Tablespoons extra virgin olive oil
- Salt and freshly ground black pepper, to taste
- Optional: queso fresco

## DIRECTIONS

1. In a large bowl, combine chickpeas, black beans, green onion, tomatoes, onion, bell pepper, and parsley.
2. In a small bowl, combine lime juice, garlic, cumin, olive oil, salt, and pepper. Whisk well to combine.
3. Pour dressing over salad and mix well.
4. Garnish with queso fresco.

## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 378mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



[chefa.org](http://chefa.org)

@CHEFSanAntonio



© Culinary Health Education for Families