



Chickpea Salad with Broccoli and Avocado

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 1 cup broccoli florets, finely chopped
- ½ large avocado, seeded and diced
- ¼ cup fresh mint leaves, chopped
- Salt, to taste
- Juice of ½ lime
- 1 Tablespoon extra virgin olive oil
- 2 Tablespoons unsweetened coconut flakes, toasted

DIRECTIONS

1. In a large bowl, combine the garbanzo beans, broccoli, avocado, and mint leaves.
2. Season with salt, lime juice, and oil. Stir gently to combine all ingredients.
3. Sprinkle salad with coconut flakes.

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 18g	7%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 2mg	10%
Potassium 320mg	6%
<small>*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.</small>	

Developed by The Children's Hospital of San Antonio

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