



AVOCADO PESTO AND CHICKPEA SALAD

Yield: 8 Servings

Ingredients

- 1 ¾ pints Chickpeas, drained
- 2 each Avocado
- 4 tablespoons Basil Pesto Sauce
- 1 teaspoon Lemon Zest
- 2 tablespoons Lemon Juice
- ¼ teaspoon Salt
- ¼ teaspoon Black Pepper

Procedures

1. In a food processor, blend avocado, lemon zest, lemon juice, salt and pepper until smooth.
2. Fold chickpeas together with pesto mixture.
3. Enjoy on its own or try on sliced multigrain bread

Nutrition Facts

Serving size 4.25 oz. (120 g)

Amount per serving
Calories 155

% Daily Value*

Total Fat 9g 10%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 2mg 0%

Sodium 195mg 8%

Total Carbohydrate 15g 6%

Dietary Fiber 5g 20%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 1mg 6%

Potassium 330mg 8%

* The % Daily Value (DV) 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.