



Lunch Recipes

Chickpea & Edamame Salad

Ingredients:

For the Salad:

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cup edamame beans
- 1 cup finely chopped bell peppers (mix colors)
- ½ cup shredded carrots
- ¼ cup dried cranberries

For the Dressing:

- 1 garlic clove, minced
- ¼ cup olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon red wine vinegar
- 1 teaspoon Italian seasoning
- ¼ teaspoon ground cumin
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper



Directions:

1. Mix the Dressing: Combine garlic, olive oil, lemon juice, vinegar, and seasonings in a large bowl; whisk well.
2. Salad: Add all the salad ingredients into the bowl with the dressing. Toss to evenly distribute.
3. Serve immediately or chill in the refrigerator until ready. Enjoy!

Makes 8 servings

Nutrition Information:

1 serving: 238 calories, 5 grams protein, 35 grams carbs, 8 grams fat

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