



### Betty's Colorful Chickpea Salad

Here the chef, Betty, shows us how to make a nutritious, high protein Colorful Chickpea Salad. This salad has chickpeas (garbanzo beans), English cucumber, green bell pepper, red bell pepper, cherry tomato halves, cilantro and some spices, and is drizzled with lighter flavor olive oil. It is colorful and appealing, and you can have quite a large serving without spoiling your diet.

For some additional flavor, add a tablespoon of fresh lemon or lime juice. Other optional add-ins are sweet onions, chives, or spring onion

#### Ingredients:

16 oz. can chick peas (garbanzo beans), drained, rinsed, and dried with a paper towel  
1/2 English cucumber, sliced in half-slices (or regular cucumber)  
1/2 green bell pepper, chopped  
1/2 red bell pepper, chopped  
1/2 of a 10-oz. container of grape tomatoes, halved (or cherry tomatoes.)  
1/4 cup chopped cilantro  
1/2 teaspoon garlic powder  
1/2 teaspoon seasoned pepper (or freshly ground black pepper.)  
1/4 teaspoon salt  
1/4 cup light flavor olive oil

#### Preparation steps:

Drain and rinse a 16-oz. can of chick peas. Pat dry with a paper towel.

Place into a large mixing (or serving) bowl.

Add English cucumber (sliced into half-slices), chopped green bell pepper, chopped red bell pepper, halved grape tomatoes, and cilantro. Stir to combine.

Sprinkle garlic powder, seasoned pepper, and salt over the top. Stir again, to combine flavors.

Drizzle about 1/4 cup lighter flavor olive oil over the top, and fold it into the salad.

You may serve this salad immediately, but it is actually better if you cover it with plastic wrap and place it in the refrigerator for about 4 hours, or until ready to serve. This is a nutritious, low calorie salad that is beautiful, and you will love the blend of flavors. It can serve as an entire meal!

### **Bonus Items**

If you want to watch the video again, click [here](#).