



Chickpea Salad Lettuce Cups

Yield: 5 servings

Ingredients

15 ounces canned chickpeas, low sodium, drained and rinsed
½ cup diced red onion
½ cup diced celery
¼ lemon juice
2 tablespoons tahini
1 tablespoon Dijon mustard
½ teaspoon garlic powder
¼ teaspoon ground black pepper
¼ teaspoon kosher salt
20 leaves of lettuce

Instructions

1. In a medium bowl add chickpeas and mash slightly.
2. Add in remaining ingredients except for the lettuce. Mix until a creamy texture is achieved, mash more if needed.
3. Serve 2 tablespoons of mixture in each lettuce cup.



Nutrition Information

Serving Size: ½ cup, 4 lettuce leaves
Calories: 129
Total Fat: 5 g
Saturated Fat: 0.6 g
Monounsaturated Fat: 1.6 g
Polyunsaturated Fat: 2.2 g
Sodium: 298 mg
Total Carbohydrate: 16.8 g
Dietary Fiber: 5 g
Sugars: 3.8 g
Protein: 6 g

Source: Adapted from Parsley Vegan

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