

RECIPE:

Beet and Chickpea Salad

Number of Servings: 3



Ingredients:

- 2-3 beets, cooked and peeled
- 1 (15 oz.) can chickpeas, drained and rinsed
- 1 T. lime juice
- 1 tsp. chile sauce or hot sauce
- 1 T. vegetable oil
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 c. peanuts

Directions:

1. Wash hands with soap and water.
2. Rinse beets under cool running water.
3. Bring a pot of water to a boil. Cut off stems of beets, leaving about an inch.
4. Place beets in pot of boiling water, cover and let simmer for about 45 minutes, or until tender.
5. While beets are cooking, in a small bowl, combine lime juice, chile or hot sauce, vegetable oil, salt and pepper.
6. Strain beets once done and place in bowl of cold water. Once cool to the touch, cut off root and stems, then use hands to peel the skin off.
7. Rinse the beets and chop into 1-inch pieces.
8. Combine beets, chickpeas, peanuts and dressing.
9. Store leftovers in a sealed container in the refrigerator.

Options: You can wear plastic gloves to peel the skin off of the beets since they can stain your hands.

Nutrition Info:

Nutrition Facts	
3 servings per container	
Serving size	1 cup
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 2mg	10%
Potassium 360mg	8%

*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.

Recipe Credit: Nebraska Extension Nutrition Education Program