



Beet and Chickpea Salad

3 Servings



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Ingredients:

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

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

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 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.

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