



USOC
SPORTS NUTRITION

Weekly Recipe:

Garlic, Lemon, & Parsley Chickpea Salad

Our garlic and parsley chickpea salad is an old Italian family recipe. It serves as an excellent alternative to the standard potato or macaroni salad, and is a good protein source for any non-meat eaters as well. It's packed with nutrients, takes about 15 minutes to make, and contains no common allergens like dairy, nuts, or gluten. You could save time by making a double batch on a Sunday to enjoy throughout the week, adding to roasted chicken and veggies, over a bed of lettuce, or as a snack all by itself. It tastes even better with a day or two of marinating, if you can keep it around for that long without gobbling it all up! Maximize the flavor of your meals with this healthy dish.



Ingredients:

Makes about 4 servings

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2 cans of garbanzo beans (chickpeas)
2 small lemons, zested and juiced
3 Tbsp. of chopped Italian parsley
2 Tbsp. of extra virgin olive oil
2 tsp. of garlic paste (or minced garlic)
1 tsp. of freshly ground pepper
½ tsp. of salt

Optional Additions:

Sliced roasted red peppers
Thinly sliced sweet onion
Halved cherry tomatoes
Spinach, kale, romaine, or arugula

Directions:

Rinse and drain the canned chickpeas and set aside.

In a large bowl, combine all dressing ingredients using a whisk in the following order: lemon juice, garlic, lemon zest, parsley, olive oil.

Add the chickpeas to the bowl. Finish with salt and pepper. Stir to combine all ingredients and serve.

***Tip: If you have time, try using dried chickpeas. They are higher in nutrients and less expensive than their canned counterparts! Soak 1 cup of dried chickpeas overnight in a large covered bowl filled with cool water. The next day, add ½ tsp. of salt to a stockpot of water. Simmer on low for ~2 hours. Rinse and refrigerate until needed.**

Nutrition Facts

Amount	¼ of recipe (about ¾ cup)
Calories	220
Fat (g)	9
Sat. Fat (g)	1
Carb. (g)	28
Fiber (g)	6
Protein (g)	8

Gluten free, Vegan.

For Sport Nutrition Questions, contact:

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Parsley is rich in epigenin, a powerful flavonoid antioxidant. Epigenin has been shown to reduce skin tumors in mice, inhibit signaling molecules that promote tumor formation, and even kill cancer cells. Garlic may have a lowering effect on blood pressure and blood lipids like LDL and triglycerides, and may also reduce cholesterol accumulation in the walls of arteries. Olive oil is very high in mono-unsaturated fatty acids, which have been associated with decreased total cholesterol and LDL levels, similar to garlic. Pairing the two maximizes any potential benefits!

Garbanzo beans are a great source of protein, fiber, and complex carbohydrates, all of which help maintain a continuous stream of energy and promote fullness. Garbanzo beans are an excellent carbohydrate-rich alternative to pasta for anyone with a gluten allergy or intolerance.



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