

#### Ingredients

Preparation time: 15 minutes

Servings: 8

- 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 Add-Ins:

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

#### Directions

1. Rinse and drain the canned chickpeas and set aside.
2. In a large bowl, combine all dressing ingredients using a whisk in the following order: lemon juice, garlic, lemon zest, parsley, olive oil.
3. Add the chickpeas to the bowl. Finish with salt and pepper.
4. Stir to combine all ingredients and serve.



#### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

#### Garlic, Lemon & Parsley Chickpea Salad

Amount	¾ cup
Calories	220
Fat (g)	9
Sat. Fat (g)	1
Carb. (g)	28
Fiber (g)	6
Protein (g)	8
Gluten Free, Vegan.	

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#### Cooking 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 1 tsp. of salt to a stockpot of water. Simmer on low for ~2 hours. Rinse and refrigerate until needed.

#### Performance Facts

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. 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.

