



Recipes

Salads

Broccoli and Chickpea Salad

Prep and Cook Time: 30 minutes

Yield: 4 servings

Ingredients:

4 cups of broccoli florets
15 oz. can (BPA free) chickpeas
1/2 cup parsley
1 avocado
1/3 cup toasted pine nuts
1/4 cup fresh lemon juice
3 scallions, sliced thin
Sea salt and black pepper to taste

Directions:

1. Steam 4 cups of broccoli florets about 5-7 minutes.
2. Let broccoli cool, and drain the can of chickpeas.
3. Chop broccoli and combine with chickpeas, chopped scallions, chopped fresh parsley and pine nuts.
4. Slice avocado and put on top of mixture.
5. Pour fresh lemon juice on top, add sea salt and pepper to taste.