



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Chickpea Mason Jar Salad

New year, new healthy recipes! Enjoy this simple, delicious Chickpea Mason Jar Salad featuring everyone's favorite superfood: chickpeas. Chickpeas are an excellent source of fiber, folate, and manganese and high in protein, iron, magnesium, and phosphorus.

Recipe by Half Cup Habit

INGREDIENTS

SALAD





- ½ cup chickpeas
- ½ small sliced cucumber
- ½ cup diced tomatoes
- ¼ cup sliced kalamata olives
- ½ cup feta cheese
- ½ cup spinach

DRESSING

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- salt and pepper, to taste

INSTRUCTIONS

1. Add dressing ingredients into a small mixing bowl, stir vigorously with a fork until dressing is smooth.
2. In a mason jar add dressing, chickpeas, tomatoes, cucumber, olives, feta, spinach

-  @ColumbiaGrain
-  CGI-Columbia-Grain-International
-  columbia_grain_international
-  columbia-grain

columbiagrain.com

