

# Lemon Maple Chickpea Salad

3 SERVINGS 15 MINUTES



## INGREDIENTS

3 tbsps Lemon Juice  
2 tbsps Maple Syrup  
1 tbsps Dijon Mustard  
1/2 tsp Sea Salt  
1 Red Bell Pepper (chopped)  
1 Zucchini (small, chopped)  
1/4 cup Red Onion (finely chopped)  
2 cups Chickpeas (cooked)

## NUTRITION

### AMOUNT PER SERVING

Calories	249	Carbs	46g
Fat	3g	Protein	11g

## DIRECTIONS

- 01 In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.
- 02 Add the bell pepper, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.
- 03 Divide between plates and enjoy! For best flavor, serve chilled.