



# Mediterranean Chickpea Salad

## Ingredients:

- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- 1 tablespoon lemon zest
- 2 tablespoons lemon juice
- 3/4 teaspoon sea salt
- Freshly ground black pepper
- 1 1/2 teaspoon cumin seeds\*
- 2 cups cooked chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 4 Medjool dates, pitted and diced
- 3 Persian cucumbers, sliced into thin half moons
- 1/3 cup chopped roasted red peppers
- 1/4 cup finely chopped parsley
- 3 ounces Roth Chèvre Honey Goat Cheese
- 1/4 cup fresh mint

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **475**

% Daily Value\*

**Total Fat** 15.4g **20%**

Saturated Fat 3g **15%**

**Cholesterol** 6mg **2%**

**Sodium** 449mg **20%**

**Total Carbohydrate** 67.5g **25%**

Dietary Fiber 18g **64%**

Total Sugars 13.7g

**Protein** 20.7g

Vitamin D 0mcg **0%**

Calcium 124mg **10%**

Iron 7mg **37%**

Potassium 988mg **21%**

## Directions:

- In a large bowl, combine the olive oil, garlic, lemon zest, lemon juice, salt, and several grinds of pepper.
- In a small skillet over medium-low heat, toast the cumin seeds until aromatic, about 30 seconds. Remove from the heat and crush them a bit (a mortar & pestle is easiest for this). Add them to the bowl and stir.
- Add the chickpeas, tomatoes, dates, cucumbers, red pepper, and parsley to the bowl and toss. Transfer to a serving platter and dollop with the goat cheese, sprinkle with mint, and top with the extra roasted chickpeas, if desired. Season to taste and serve.

Enjoy all of these nutritious ingredients that are: good for heart health, inflammation, blood pressure, digestion, chronic disease prevention and more!



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