

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Tuscan Chickpeas with Tomatoes and Oregano

Chickpeas and sweet cherry tomatoes in an oregano-balsamic dressing on crisp romaine. 10 g fiber and 12 g protein.

Makes 4 servings | Serving: 1¼ cups salad | Cost: Budget-friendly | 15 min | 265 calories · 10 g fiber

Ingredients

- 1 can (15½ oz) low-sodium chickpeas (or garbanzo beans), drained and rinsed
- 2 cups cherry tomatoes, rinsed and halved
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 2 tablespoons fresh oregano, minced (or 1 teaspoon dried)
- ⅛ teaspoon ground black pepper
- ½ teaspoon salt-free seasoning blend
- 4 whole inner leaves of romaine lettuce, rinsed and dried

Method

1. Combine the beans and tomatoes in a large salad bowl.
2. Whisk the olive oil, vinegar, oregano, pepper and seasoning blend until thick and blended.
3. Pour over the beans and tomatoes and toss gently.
4. Set a romaine leaf in each of four bowls, top with the bean mixture and serve.

Swaps: Use cannellini beans for a classic Tuscan version and add a few sliced olives.

Storage: Refrigerate up to 2 days.

Nutrition Facts

Per serving (1¼ cups salad)

Calories	**265**
Total Fat	10 g
Saturated Fat	1 g
Sodium	116 mg
Total Carbohydrate	35 g
Dietary Fiber	10 g
Protein	12 g
Potassium	731 mg

Why it's good for you

- Beans are an excellent source of fiber.[1]
- Tomatoes and beans add potassium.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/ [2] NIH Office of Dietary Supplements: Potassium fact sheet, https://ods.od.nih.gov/factsheets/Potassium-Consumer/

Recipe adapted from National Heart, Lung, and Blood Institute (NIH), Healthy Eating Recipes: https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods/healthy-eating-recipes/tuscan-beans-tomatoes-and-oregano. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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