



Arugula & Chickpea Salad

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

138.2 calories, 26.25 g carbohydrate, 5.23 g fiber, 21.02 g NET carbs, 5.92 g protein, 1.36 g fat

Ingredients

- 1/3 cup(s) sliced organic red onion
- 1 16-oz can organic chick peas, rinsed and drained
- 3 cup(s) organic arugula

Preparation

1. Combine arugula, onion and chick peas in a large bowl.
2. Toss to combine.
3. Serve with dressing of choice.

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