



Cilantro Lime Chickpea Salad with Avocado

Active Time: 5 minutes | Total Time: 5 minutes | Serves: 1

Nutrition Information Per Serving

474.8 calories, 46.28 g carbohydrate, 14.37 g fiber, 31.91 g NET carbs, 10.19 g protein, 30.36 g fat

Ingredients

- 1/4 tsp(s) Real Salt
- 2 cup(s) Earthbound Farm Organic Spring Mix
- 1 Tbsp chopped organic red onion
- 1/2 cup(s) organic chickpeas
- 2 Tbsp(s) organic lime juice
- 1/2 medium(s) organic avocado, peeled, pitted and diced
- 1/3 Tbsp(s) fresh, organic cilantro, chopped
- 4 organic grape(s) organic grape tomatoes, halved
- 1/2 medium(s) organic cucumber, chopped
- 1 Tbsp avocado oil
- 1 clove garlic, minced

Preparation

1. Combine all ingredients, except mixed greens, in a large bowl.
2. Mix well and serve over mixed greens.

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