



## Chickpea and Heart of Palm Salad with Feta Cheese

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

### Nutrition Information Per Serving

151.1 calories, 18.21 g carbohydrate, 4.1 g fiber, 14.11 g NET carbs, 6.29 g protein, 6.47 g fat

#### Ingredients

- 1/4 cup(s) chopped organic red onion
- 1 medium organic tomato, seeded and roughly chopped
- 1 cup organic chickpeas, drained and rinsed well
- 2 Tbsp(s) organic lemon juice
- 1 Tbsp fresh mint, chopped
- 1 cup heart of palm, drained
- 2 ounce(s) organic feta cheese, cubed
- 2 tsp(s) organic extra virgin olive oil

#### Preparation

1. Combine the lemon juice and olive oil. Set aside.
2. Slice the heart of palm into  $\frac{1}{2}$  inch thick slices.
3. Add heart of palm, chickpeas, tomato, feta cheese, onion and mint to a medium bowl.
4. Drizzle dressing over salad and toss well to combine.

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