



## Arugula, Chickpea, and Roasted Red Pepper Salad

**Active Time:** 5 minutes | **Total Time:** 5 minutes | **Serves:** 2

### Nutrition Information Per Serving

334.1 calories, 38.92 g carbohydrate, 7.7 g fiber, 31.22 g NET carbs, 10.31 g protein, 15.4 g fat

#### Ingredients

- 4 cup(s) Earthbound Farm Baby Arugula
- 2 ounce(s) Mediterranean Organic Fire Roasted Gourmet Red Peppers
- 1 clove organic garlic, minced
- 1/3 cup(s) sliced organic red onion
- 1/4 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper
- 2 Tbsp(s) extra virgin olive oil
- 1 Tbsp organic balsamic vinegar
- 1 cup organic chickpeas

#### Preparation

1. First, prepare dressing. In a small bowl, whisk oil, vinegar, garlic, salt and pepper.
2. Slice roasted red peppers.&nbsp;
3. Divide arugula, roasted peppers, onion and chickpeas among serving bowls.
4. Drizzle with dressing.
5. Serve.

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