

# Zesty Chickpeas

## Ingredients:

- 1 can chickpeas, rinsed and drained
- 1/4 cup shallots, finely minced
- 2 tablespoons olive oil
- 1 teaspoon lemon juice
- 1/2 teaspoon lemon zest
- 1/2 tablespoon fresh dill (or to taste)
- Salt and pepper to taste

## Directions:

1. Place chickpeas in a medium bowl with the shallots.
2. In a separate bowl, whisk together oil, lemon juice, lemon zest, dill, and salt and pepper. Pour dressing over chickpeas and shallots and mix together.
3. Serve cold or at room temperature.

<b>Nutrition Facts</b>	
Serving Size (100g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 150	<b>Calories from Fat</b> 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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