



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Chickpea Salad

Chef Raya El-Hajjar, Age 8

INGREDIENTS

For the Chickpea Salad

2 15-ounce cans of chickpeas, rinsed and drained
1 bunch of parsley, finely chopped
Juice of 1 fresh lemon
1/4 teaspoon salt
1 tablespoon olive oil

Garnish and Toppings

1 red bell pepper, seeded and thinly sliced
1 yellow bell pepper, seeded and thinly sliced
3 ounces feta, cubed
2 tablespoons dried cranberries

DIRECTIONS

1. In a large mixing bowl, combine the chickpeas and parsley.
2. Add the lemon juice, salt and olive oil and stir thoroughly to combine.
3. On a large serving platter, arrange the chickpea salad.
4. Add the red and yellow bell pepper slices around the chickpea salad.
5. Sprinkle the feta and cranberries on top and enjoy with family or friends!!!



Source: *Healthy Lunchtime Challenge Cookbook* compiled by the Let's Move Initiative

Enjoy!

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