

CHICKPEA SPINACH SALAD

Course: Lunch

Prep Time: 10 minutes

Cooking Time: 25 minutes

Total: 35 minutes



INGREDIENTS:



Chicken breast
(4 oz/ 113 grams)



Spinach
(2 oz/ 56 grams)



Chickpeas
(3 oz/ 85 grams)



Tomatoes
(2)



White vinegar
(1 tbsp)



Mustard
(1/2 tbsp)



Olive oil/ coconut oil
(1 tsp)



Paprika
(1 tsp)



Cumin
(1/4 tsp)



Oregano
(1/4 tsp)



Salt
As needed



Pepper
As needed

CHICKPEA SPINACH SALAD



METHOD:

Step 1

Preheat the oven to 350°F (180°C).

Step 2

Apply olive oil on both sides of the chicken breast. Season it with cumin, paprika, oregano, salt, and pepper. Place in a baking tray and bake for 20-25 minutes until cooked.

Step 3

Take a large bowl and mix chickpeas, spinach, and tomatoes.

Step 4

For the sauce, mix white vinegar, mustard, salt, and pepper. Mix it with spinach mixture.

Step 5

Arrange spinach mixture on a plate top with chicken slices.

NUTRITIONAL INFORMATION:

Calories	390 kcals (100 calories from fat)
Fat	11 g
Protein	45 g
Carbs	28 g
Cholesterol	95 mg