





Chickpea Salad Shortcuts



Start with 1/2 cup Cedar's® Chickpea Salad and add any of the following:

	Savory Parfait	Sweet Chickpea and Apple Salad	Greens and Grapes Salad
Greens	2.5 oz. Fresh Express® Sweet & Crunchy Blend	2.5 oz. Fresh Express® Baby Spinach	2.5 oz. Fresh Express® Spring Mix
Fruit/Veggies	2 Tbsp. Avocado from Mexico, chopped	1/2 Granny Smith apple, washed and diced	1/4 cup red seedless grapes, halved
Cheese	2 Tbsp. Cabot® Vermont Seriously Sharp Shredded Cheddar Cheese	1 oz. Taste of Inspirations® Crumbled Goat Cheese	2 Tbsp. Cabot® Two State Farmers' Shredded Cheddar Cheese
Extras	1 Tbsp. Cedar's® Original Hommus	McCormick® Coarse Ground Black Pepper, to taste 1 tsp. lemon juice	1 Tbsp. Planters NUT-rition Heart Healthy Nut Mix
Nutrition per Serving	Calories 259; Fat 15 g; Saturated Fat 4 g; Sodium 409 mg; Carbohydrate 23 g; Fiber 6 g; Sugar 8 g; Protein 12 g 	Calories 290; Fat 13 g; Saturated Fat 4.5 g; Sodium 410 mg; Carbohydrate 37 g; Fiber 7 g; Sugar 16 g; Protein 12 g	Calories 325; Fat 19 g; Saturated Fat 4 g; Sodium 401 mg; Carbohydrate 29 g; Fiber 5 g; Sugar 13g; Protein 13 g 

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