

New York Chopped Salad

PREP TIME: 25 mins\\ TOTAL TIME: 25 mins

Ingredients

For the salad:

- Kosher salt
- Freshly ground black pepper
- 1 cup canned chickpeas drained and rinsed
- 8 cups shredded romaine lettuce hearts
- 1 cup diced Gruyère cheese
- 1 large carrot Blade D, noodles chopped
- ½ cup diced red radish
- ½ cup diced roasted red peppers

For the dressing:

- 2 tablespoons tahini
- 1 tablespoon water
- 1 small clove garlic minced
- 1 teaspoon freshly squeezed lemon juice
- Kosher salt
- Freshly ground black pepper



Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 307	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 36 mg	12 %
Sodium 759 mg	32 %
Potassium 584 mg	17 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 7 g	29 %
Sugars 6 g	
Protein 17 g	35 %
Vitamin A	235 %
Vitamin C	75 %
Calcium	43 %
Iron	15 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Instructions

1. In a small bowl, combine all the dressing ingredients, seasoning with salt and pepper. Transfer 1 tablespoon of the dressing to a small bowl, add the chickpeas, and stir. Spoon the remaining dressing into a bowl and refrigerate, along with the bowl of chickpeas, until ready to dress the salad.
2. In a large salad bowl, combine all the salad ingredients. Spoon the dressing on the salad, toss until well coated, and serve.