

Avocado Chickpea Salad

Bialik College Kitchen Garden Program



Ingredients:

- 2 cups shredded lettuce
- 1 avocado, cubed
- 1 can of chickpeas, drained & rinsed
- 4 spring onions, thinly sliced
- ½ cup cooked brown rice
- 2 tablespoons coriander, chopped
- 2 tablespoons seeds (pumpkin, sunflower etc..) toasted
- Dressing:
- 1 tablespoon lime juice
- 2 tablespoons extra virgin olive oil
- 2 teaspoons honey
- salt/pepper

Equipment:

- chopping board
- knife
- metric measuring cups/spoons
- large bowl, small bowl
- colander

Method:

1. In a large bowl, toss together the shredded lettuce, avocado, chickpeas, spring onions, coriander and cooked rice.
2. In a separate bowl, whisk together the dressing ingredients.
3. Pour dressing over salad, sprinkle seeds on top and serve.