

Mediterranean Chickpea and Avocado Salad



This fresh salad is a quick and easy, nutrient dense meal for the whole family.

Photo Contest!



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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 920 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 56%

Protein: 20.3%

Fat: 23.7%

Make it for the whole family:

Let everyone build their own salads. Blend ingredients together for tubie. Enjoy together!

Mediterranean Chickpea and Avocado Salad

Ingredients

- 1 cup cooked brown rice
- 2 cups skim milk (calcium fortified)
- ¼ cup avocado, cubed
- 2 cups romaine lettuce, chopped
- 1 cup tomatoes, chopped
- 2 ounces feta cheese
- 1 cup garbanzo beans (chickpeas), drained
- 1 teaspoon red wine vinegar
- Water (optional)

Preparation

Family meal:

1. Cook extra rice, wash and chop extra veggies.
2. Serve ingredients buffet style so everyone can build their own salads.

To Blend:

1. Add all ingredients to blender in order listed, blend until smooth and free of chunks. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Medium pot

Chef knife

Cutting board

Food Scale

Measuring tools:

- 1 cup
- ¼ cup
- Teaspoon

Tips

Helpful hint: Kids who serve themselves have a better idea of how much they need to put in their body.

Swap quinoa for brown rice to add a protein boost.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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