



## Southwest Chickpea Salad

Recipe By KELLI SMITH and ERIN BARNETT

SERVES: 4-5

### INGREDIENTS:

- ☐ 1 (15 oz) can each of chickpeas, black beans, and corn, rinsed/drained
- ☐ 1 cup cherry tomatoes, halved
- ☐ ¼ cup cilantro, minced
- ☐ ½ cup red onion, chopped
- ☐ ½ cup bell peppers, finely diced
- ☐ ½ cup green onion, diced
- ☐ 1 jalapeño, diced
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp maple syrup
- ☐ 2 limes, juiced
- ☐ 1 tbsp minced garlic
- ☐ 1 tsp each of dried basil, salt, cumin, paprika, and chili powder

### DIRECTIONS:

- ☐ 1. In a medium bowl, combine chickpeas, black beans, corn, tomatoes, and red onion.
- ☐ 2. In separate bowl, mix maple syrup, lime juice, olive oil, garlic, and all remaining seasonings.
- ☐ 3. Pour dressing over salad; toss gently.
- ☐ 4. Let chill in refrigerator for one hour.
- ☐ 5. Add cilantro and green onion; toss prior to serving.

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