



# Chickpea Delight

Serves 2

**Prep time: 20 mins**

**Cook time: 5 mins**

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## Ingredients:

- 1½ cup chickpeas, soaked and boiled
- 1 cucumber – sliced
- ½ carrot, sliced or grated
- ½ onion, sliced
- 1 tomato, diced
- 1 tbsp coriander leaves, chopped

## Dressing:

- 2 tsp olive oil
- 2 tsp lemon juice
- 1 tsp toasted sesame seeds
- ¼ tsp sugar
- A sprinkling of salt

## Method:

1. Put the chickpeas, cucumber, carrot, onion, tomato and coriander into a bowl.
2. Mix all the ingredients for the dressing in a separate bowl.
3. Pour the dressing over the salad and toss well.
4. Serve.

Protein 

## Healthier Eating Tips

Pulses (peas, beans, lentils) and bean products (e.g. beancurd and tempeh) are good sources of protein and low in saturated fat. If you are trying to manage your cholesterol levels, replacing meat with bean or bean products a few times a week can be a way to reduce saturated fat in your diet. A diet high in saturated fat can increase cholesterol levels.

Calcium-enriched bean products are also good sources of calcium that can help preserve your bone mass.

