

# Lentil Chickpea Salad

## INGREDIENTS

- 1 Tablespoon of olive oil
- ¼ cup of diced yellow onion
- ½ medium red orange or yellow bell pepper, diced
- ½ teaspoon of garlic powder divided
- Salt and pepper to taste
- 1 cup of cooked garbanzo beans (chickpeas)
- 1 cup of cooked lentils
- 2 ½ cups of spinach
- 1 tablespoon of water
- 1 ½ Tablespoons of tahini
- 1 Tablespoon of lemon juice

SERVINGS: 2  
TIME: 25 MIN



BRAZOS VALLEY  
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## PROCEDURE

1. In a frying pan over medium heat, pour olive oil and onions and peppers, and cook for 3 to 4 minutes until slightly browned. Add  $\frac{1}{4}$  teaspoon of garlic powder, salt, and pepper.
2. Next, add garbanzo beans to the onions and peppers and cook for an additional 4 minutes.
3. Once 4 minutes is up, add spinach and water and cover until spinach is wilted.
4. Add the lentils to the chickpea salad mix, add salt and pepper again, and set aside.
5. To prepare tahini drizzle: combine tahini, lemon juice, salt, pepper,  $\frac{1}{4}$  teaspoon of garlic powder, and add warm water and whisk until smooth.
6. Lastly, drizzle tahini over lentil salad and toss together.
7. Enjoy warm or cold!



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