



## Pomegranate Chickpea Salad

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 0 MINS

### INGREDIENTS

1 cup pomegranate seeds  
1 cup chickpeas, drained and rinsed, no salt added  
1/2 cup cucumber, diced  
1/2 cup red onion, diced  
2 tbsp. mint, chopped  
2 tbsp. cilantro, chopped  
1/4 cup reduced-fat feta, crumbled  
2 cups lightly packed arugula  
1/4 cup pumpkin seeds, toasted  
2 tbsp. olive oil  
2 tbsp. lemon juice  
Salt and pepper to taste

### DIRECTIONS

1. In a large bowl, combine the pomegranate seeds, chickpeas, cucumber, red onion, mint, cilantro, feta, pumpkin seeds, olive oil, lemon juice, salt, and pepper. Toss gently to mix.
2. Place a bed of arugula (about 1/2 cup per serving) on individual plates or bowls.
3. Spoon the chickpea-pomegranate mixture evenly over the arugula.
4. Serve immediately or store the chickpea-pomegranate mixture in an airtight container in the fridge for up to 4–5 days. Add arugula just before serving to keep it fresh. Enjoy this vibrant, nutrient-packed salad as a light meal or side dish!

### NUTRITION

Serving size: 1 1/4 cups  
(per serving) 206.5 calories, 10.2g fat, 1.9g saturated fat, 3.1mg cholesterol, 164.1mg sodium, 23.7g carbohydrate, 5.2g fiber, 8.3g sugar, 7g protein