

# Recipe



## Green Goddess Salad with Chickpeas

Yield: 2 servings

### Ingredients

#### Dressing:

- 1 avocado, peeled and pitted
- 1 ½ cups buttermilk
- ¼ cup chopped fresh herbs, such as tarragon, sorrel, mint, parsley, and/or cilantro
- 2 Tbsp rice vinegar
- ½ tsp salt

#### Salad:

- 3 cups chopped romaine lettuce
- 1 cup sliced cucumber
- 1 (15oz) can chickpeas, rinsed
- ¼ cup diced low-fat swiss cheese
- 6 cherry tomatoes, halved if desired

### Nutrition

Per serving: Serving Size 2 ¾ cups

304 calories; total fat 8g; saturated fat 2g; cholesterol 12mg; sodium 465mg; total carbohydrate 40g; dietary fiber 12g; total sugars 10g; protein 22g; vitamin c 14mg; calcium 420mg; iron 3mg; potassium 641mg.

### Directions

1. To prepare dressing: Place avocado, buttermilk, herbs, vinegar, and salt in a blender. Puree until smooth.
2. To prepare salad: Toss lettuce and cucumber in a bowl with ¼ cup of the dressing. Top with chickpeas, cheese, and tomatoes. (Refrigerate the extra dressing for up to 3 days.)

Source: [eatingwell.com/recipe/258450/green-goddess-salad-with-chickpeas](https://eatingwell.com/recipe/258450/green-goddess-salad-with-chickpeas)

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