

Cucumber Tomato Chickpea Salad with Sumac Dressing

8 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl, whisk together the oil, maple syrup, sumac, vinegar and sea salt. Set aside.
2. Divide the cucumber, chickpeas and tomatoes into bowls. Drizzle sumac dressing overtop and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 2 1/2 to 3 cups.

More Flavor

Let the salad marinate in the dressing overnight before serving.

Additional Toppings

Black pepper, red pepper flakes, avocado, bell peppers, mushrooms.

Ingredients

30 milliliters Extra Virgin Olive Oil

40 grams Maple Syrup

6 grams Ground Sumac

7 milliliters Apple Cider Vinegar

2 grams Sea Salt

1 Cucumber (chopped)

328 grams Chickpeas (cooked)

149 grams Cherry Tomatoes (halved)

Nutrition

Amount per serving

Calories	487	Vitamin D	0IU
Fat	18g	Vitamin E	4mg
Carbs	68g	Vitamin K	48µg
Fiber	16g	Thiamine	0.3mg
Sugar	25g	Riboflavin	0.4mg
Protein	17g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	318mg	Folate	305µg
Potassium	955mg	Vitamin B12	0µg
Vitamin A	823IU	Phosphorous	341mg
Vitamin C	17mg	Magnesium	119mg
Calcium	148mg	Zinc	3mg
Iron	6mg	Selenium	8µg