



HEALTHY FOOD

Healthy Lifestyle



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CHICKPEA (CHANA) SALAD

Ingredients -

1 cup chickpeas (Kabuli chana),
1 tomato (medium size), deseeded and finely chopped,
1 green capsicum (medium size), deseeded & finely chopped, 1 cucumber, small, peeled, finely chopped, 1/2 lemon, 2 tsp chaat masala, salt.

METHOD

1. Cook the chickpeas.
2. Mix the chickpeas, tomato, capsicum, and cucumber in a deep bowl.
3. In a separate bowl, mix the juice of lemon with chaat masala and salt.
4. drizzle the dressing onto the salad and toss all the ingredients well. serve immediately.

Tip - wash the vegetables using a pinch of baking soda mixed in water and then rinse again with fresh water before use.