



# GREEN GODDESS SALAD WITH CHICPEAS

From [eatingwell.com](https://www.eatingwell.com)

Servings Size: 2 3/4 cups

## 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 tablespoons rice vinegar
- ½ teaspoon salt

### SALAD

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

## 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 1/4 cup of the dressing. Top with chickpeas, cheese and tomatoes. (Refrigerate the extra dressing for up to 3 days.)

**Nutrition Information (Per 1 Serving):** 304 calories; protein 21.7g; carbohydrates 39.8g; dietary fiber 11.9g; sugars 10.1g; fat 7.5g; saturated fat 1.7g; cholesterol 12mg; vitamin c 14mg; folate 180.9mcg; calcium 420mg; iron 2.5mg; magnesium 71.8mg; potassium 641.4mg; sodium 465mg.

Source: Living Well | This information is shared by My Health Onsite for general information and education only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult your healthcare provider if you have any concerns or questions about your health.

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