



10 min



Serves 2



# FRESH

# SALMON CHICKPEA SALAD

## Ingredients:

1 can (7.5oz) salmon,  
drained

1 cup canned chickpeas,  
drained

1 cup cherry tomato,  
halved

1/4 cup low fat italian  
dressing

## Directions:

1. Toss together the salmon, chickpeas, tomatoes, and dressing
2. Serve over top of your favourite greens or on its own.

Source: [www.food.com](http://www.food.com)

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## NUTRITION INFO

Per: 1 serving of salad  
(4 servings per recipe)

Energy.....	240 kcal
Fat.....	5g
Carbohydrates.....	29g
Protein.....	21g



## CONTACT US

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