



## Balela Salad with Pita Bread

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

560 Calories

18 g fat

635 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 2 (15 oz) cans chickpeas, drained and rinsed
- 1/2 cup diced green pepper
- 1 jalapeno, finely diced
- 1 pint grape tomatoes, halved
- 4 green onions, thinly sliced
- 1/2 cup sun dried tomatoes
- 1/3 cup pitted kalamata olives
- 1/4 cup pitted green olives
- 1/2 cup fresh parsley, chopped
- 1/2 cup fresh basil, chopped
- Pita Bread

### SALAD DRESSING:

- 1/4 cup olive oil\*\*
- 2 TB white wine vinegar
- 1 tsp lemon zest, from 1 lemon
- 2 TB lemon juice, from 1 lemon
- 1 garlic clove, minced
- 1/4 tsp salt & 1/4 tsp black pepper\*\*
- 1/4 to 1/2 tsp crushed red pepper flakes, depending on your spice/heat preference

### DIRECTIONS:

1. Prep the following and put in a large bowl: Drain **chickpeas** from can and rinse under cold water. Cut **jalapeno** in half and remove the white ribs and seeds with a knife. Thinly slice into strips and then dice finely. IMMEDIATELY WASH YOUR HANDS and avoid touching your eyes. Halve the **grape tomatoes**. Thinly slice the **green onions**, white end and green tops, discarding the root end. Chop **parsley** and **basil**. Add the **green pepper**, **sun dried tomatoes**, **kalamata olives** and **green olives**. Toss to combine.
2. To prepare the **Salad Dressing**, combine all of the salad dressing ingredients in a small bowl. Whisk to combine well. Pour the dressing over the ingredients in the large bowl and toss to combine well. Cover and refrigerate for 30 minutes.
3. Preheat the oven to 400 degrees. Place **pita bread** in oven to warm for 3-5 minutes.
4. Toss the salad before serving with the warmed pita bread on the side.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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