Salmon and Chickpea Salad

Serves 6

- 1 (15-ounce) can chickpeas, drained and rinsed
- ¼ cup chopped onion
- 1 clove minced garlic
- 2 tablespoon chopped dill
- 2 tablespoon chopped parsley
- 1 ½ tablespoon red wine vinegar
- 2 tablespoon olive oil
- 1 can salmon, drained
- 1 cup chopped tomatoes

1. Combine all ingredients except salmon and tomatoes and mix well.

2. Add salmon and tomatoes and toss gently.

3. Top with more fresh dill and serve with crusty bread.

Recipe from *The New York Times “60-Minute Gourmet”*

Nutrition information: calories 220, total fat 9g, saturated fat 1.5g, carbohydrate 15g, dietary fiber 3g, protein 20g, sodium 460mg.

**Healthy Tip**

Fresh herbs are the key to this recipe.

Scrape away gray ‘skin’ in canned salmon but keep some of the soft bones if you can mash them with a fork. They are a great source of calcium.