

Tomato Mint Salad



Preparation
15 mins

This refreshing, colourful salad goes with everything! *Kachumber* means “small pieces, mixed together”, so finely chop the vegetables. It can be made with or without chickpeas, but leaving them in is a great way to slip more legumes into your diet.

Ingredients (4 servings)

Item	Quantity	✓
Small green chile pepper, minced	1	
Finely chopped plum tomatoes	375 ml / 1½ cups	
Finely chopped cucumber	250 ml / 1 cup	
Packed fresh mint leaves, finely chopped	250 ml / 1 cup	
Rinsed, drained canned chickpeas	125 ml / ½ cup	
Minced sweet onion	125 ml / ½ cup	
Freshly squeezed lemon juice	10 ml / 2 tsp	
Salt	1 ml / ¼ tsp	

Preparation

1. In a large bowl, combine chile pepper, tomatoes, cucumber, mint, chickpeas, onion, lemon juice and salt.
2. Serve immediately or cover and refrigerate for up to 2 days.

Nutritional Info

Calories	59
Fat, total	1 g
Fat, saturated	0.1 g
Cholesterol	0 mg
Sodium	375 mg
Carbohydrate	12 g
Fibre	3 g
Protein	3 g

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