



## Chickpea Edamame Salad with Lemon & Dill

2 servings  
10 minutes

### Ingredients

- 1/2 Lemon (juiced)
- 1 tbsp Avocado Oil
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 2 tbsps Fresh Dill (chopped)
- 2 cups Baby Spinach (chopped)
- 1 cup Chickpeas (cooked)
- 1 cup Frozen Edamame (thawed)

### Nutrition

Amount per serving	
Calories	312
Fat	13g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	34g
Fiber	11g
Sugar	8g
Protein	17g

### Directions

- 1 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 2 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

### Notes

**Storage,** Refrigerate in an airtight container up to 3 to 5 days.

**No Spinach,** Use mixed greens, arugula, kale or romaine lettuce instead.

**Soy-Free,** Use green peas instead of edamame.

**No Chickpeas,** Use lentils or black beans instead.