

Chickpeas with Arugula-Lemon Pesto

Ingredients

- 1 Tbs. lemon juice
- 1 clove garlic
- 2 cups arugula
- 1 cup fresh basil
- 3 Tbs. extra-virgin olive oil
- freshly ground black pepper
- 1 15 oz. can no-salt-added chickpeas, drained
- ½ tsp. kosher salt
- 8 butter lettuce leaves

Directions

Combine the lemon juice, garlic, arugula, basil, oil, and pepper in a food processor. Process until the herbs and garlic are finely chopped.

In a medium bowl, toss the chickpeas with the pesto and season with up to ½ tsp. of salt. Serve on the lettuce leaves. Serves 4.

Per serving (¾ cup):

- Calories: 210
- Sodium: 270 mg
- Total Fat: 12 g
- Saturated Fat: 1.5 g
- Carbs: 20 g
- Fiber: 5 g
- Protein: 7 g

