

Chickpeas and Carrot Salad

Printed from Chickpea Recipes at <http://www.chickpearecipes.com/>

Ingredients:

2 cups of cooked chickpeas, rinsed and drained.

2 cups of grated carrots.

2 tablespoons of balsamic vinegar.

1 ½ tablespoons of fresh dill, minced.

1 tablespoon of olive oil.

1 tablespoon of sugar.

½ teaspoon of ground cumin.

¼ cup of plain nonfat yoghurt.

Directions:

In a glass or ceramic bowl, toss all ingredients, except the yoghurt, and cover.

Allow the salad stand for several hours at room temperature.

Divide the salad onto 4 plates and spoon the yoghurt over top when ready to serve.