



### **Chickpea Chicken Salad with Cilantro Lime Dressing**

*Dial up the heat to capture the spicy flavor you like*

- 1-1/2 cups cooked diced chicken
- 1/2 to 1 teaspoon blackened spice seasoning
- 1/2 teaspoon salt
- 3 to 4 Tablespoons avocado oil
- 1 (15.5 oz.) can chickpeas, drained; rinsed
- 1/3 cup finely minced red onions
- 1/2 cup diced celery
- 1/3 cup diced red bell peppers
- 1 teaspoon fresh lemon juice
- 1 Tablespoon honey, optional
- 1/3 cup Primal Kitchen Cilantro Lime Dressing and Marinade
- 1/4 cup crumbled blue cheese or as desired, optional

**Garnish:** celery sprigs; sliced red peppers

- In an oven safe medium sized bowl, toss diced chicken, blackened spice seasoning, and salt. Add avocado oil; stir to combine.

- Place in microwave oven, covered; cook for 1 minute or until hot. Remove from oven; set aside.
- In a large bowl, combine chickpeas, red onions, celery, red peppers, lemon juice, and honey. Stir in Cilantro-Lime Dressing to coat ingredients.
- Stir in chicken. Serve at room temperature.
- **To Serve:** Spoon chickpea salad in the center; Serve blue cheese on the side or sprinkle some over the top of salad. garnish with celery sprigs and red pepper slices. Serves: 4

**About the Recipe:** Inspired by Primal Kitchen recipe served at a Pop-Up in Chicago

**About the Recipe:** Chickpeas or garbanzo beans are round legumes that are used to make hummus and have a nutty flavor. This recipe combines them with tender cooked spicy diced chicken and plenty of crunchy veggies, like red peppers, red onions, and celery. Lightly toss the salad with refreshing lime cilantro dressing and serve on a bed of mixed lettuce greens. It's a super recipe for lunch or summer dinner.