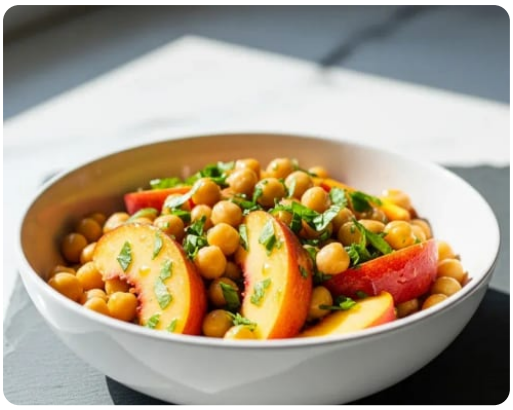


Foodnity Recipes

Chickpea Peach Salad With Honey Lime Dressing

15 min	15 min	4
Prep time	Total time	Servings
Easy	**American**	
Difficulty	Cuisine	

Ingredients

Salad

- [ ] 2 (15-oz) cans chickpeas, drained and rinsed
- [ ] 2 ripe peaches, sliced into thin wedges
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp fresh mint leaves, torn
- [ ] Pinch of sea salt

Honey Lime Dressing

- [ ] 3 tbsp honey
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tbsp extra-virgin olive oil
- [ ] 1 tsp lime zest
- [ ] Dash of black pepper

Instructions

1. Rinse the chickpeas under cold water, then pat dry with a clean kitchen towel.
2. In a small bowl, whisk together honey, lime juice, olive oil, lime zest, and black pepper until smooth.
3. In a large mixing bowl, combine the chickpeas, peach wedges, and red onion; sprinkle with a pinch of sea salt.
4. Drizzle the honey-lime dressing over the salad, toss gently, and finish with fresh mint leaves.
5. Serve immediately or cover and chill for 10 minutes to let flavors meld.

Nutrition per serving

280 kcal	10 g	45 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If peaches are very ripe, add them just before serving to prevent sogginess.
- Adjust lime acidity to your taste; a little extra zest brightens the whole bowl.
- For a savory twist, sprinkle a pinch of smoked paprika over the finished salad.