

VEGETABLE BOWL WITH CALIFORNIA WALNUTS

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INGREDIENTS

100 gr California walnuts
1 Carrot
1 Avocado
1 Cucumber
1 Paprika
Parsley
½ Red cabbage
1 cup of Chickpeas (boiled)
Sesame
Olive oil
Salt and pepper

Nutritional value of 4 servings

Energy (kcal)	399
Calories (g)	29
Protein (g)	15.8
Fiber (g)	7
Sodium	1
Total Fat (g)	26.8
Saturated Fat (g)	5.1
Polyunsaturated Fat (g)	3.5
Monounsaturated Fat (g)	11.6

INSTRUCTIONS

1. Start chopping all the other ingredients finely; cucumber, carrot, red pepper and red cabbage and parsley
2. Take oil, salt, pepper and lemon in a mixture bowl and mix them all as a sauce.
3. Take California walnuts in a pan and roast for 3 minutes to get crunchy.
4. Chop the roasted walnuts coarsely.
5. Roast the boiled chickpeas in the pan and add salt and pepper.
6. Put the walnuts and all the other chopped vegetables to the sauce bowl. Mix them all.
7. Take the vegetables in a serving bowl and add crunchy walnuts and chickpeas.
8. Garnish with avocado slices, parsley and sesame.