

All-Purpose Pulses Salad



Perfectly versatile to suit all tastes, this pulse-packed salad will delight your taste buds and bring a refreshing touch to your meal. Serve as a salad, in a [sandwich](#), or with additions such as half a can of tuna or a boiled egg. The possibilities are endless!

Preparation 10 min

Cooking 0 min

Servings 3

Nutrition Facts (per serving)

Calories 220

Fat 2

Carbohydrates 25

Fibre 11

Protein 11

Sodium 165

Ingredients

- 1 can (540 ml or 19 oz) of mixed legumes, drained and coarsely chopped (or 180 ml / 3/4 cup of cooked legumes)
- 180 ml (3/4 cup) fresh herbs, finely chopped (or 60 ml / 1/4 cup dried basil)
- 3 Italian tomatoes, diced
- 15 ml (1 tbsp) balsamic vinegar or lemon juice

- Pepper and salt, to taste

Note: For a creamier version, add 60 ml (1/4 cup) of store-bought hummus.

Preparation

1. In a large mixing bowl, combine all ingredients.

Notes

This salad can be stored for up to 3 days in the refrigerator. It is not suitable for freezing.



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