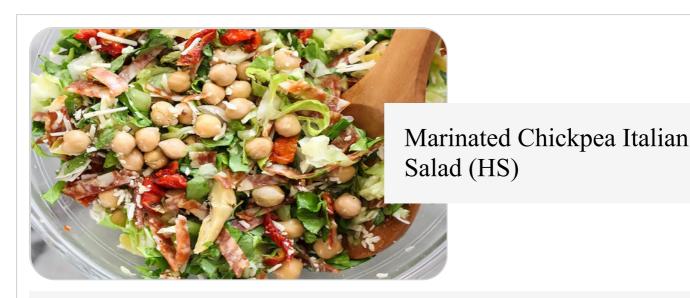


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Serving: 1 Veg

Ingredients

- - Chickpea (boiled) 30 grms
- - Romaine Lettuce 20 grms
- - Tomato -20 grms
- - Dry mustard $-\frac{1}{4}$ tsp
- - Dry thyme $-\frac{1}{4}$ tsp
- - Feta cheese (crumbled) -10 grms
- -garlic chopped $-\frac{1}{2}$ tsp
- - Dry Oregano -1tsp
- -Salt and pepper -to taste
- - Apple cider Vinegar $-\frac{1}{2}$ tsp
- - Olive oil $\frac{1}{4}$ tsp

Preparation Method

- - Combine the olive, apple cider vinegar, garlic and dry mustard in a small jar and sesaon with a pinch of salt and freshly ground black pepper shake the dressing well.
- - Place the chick pea in a bowl and pour the dressing on the chick peas to marinate for 30 minutes and reserve the rest for later.
- Add the chopped lettuce to a large bowl.
- -Chopped the tomato in to bite size pieces, add to the lettuce to a large bowl
- -Add the chick peas in the dressing to the lettuce mixture then pour about half of the reserved dressing over the lettuces toss to coat