



Nutrition Information Per Serving:

Calories: 458
Protein: 31 g
Carbohydrates: 52 g
Fat: 14 g
Fiber: 10 g

PREP TIME 5 mins	COOK TIME 15 mins	TOTAL TIME 20 mins	RECIPE MAKES 2 servings
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Muuna cottage cheese brings this creamy salad together and takes the protein up a notch!

"When I say this is a protein powerhouse of a lunch, I'm not kidding in the least. Between the salmon, the roasted chickpeas (love their pop of crunchy texture in this!) and the cottage cheese, this lunch has some serious staying power."

—[Running to the Kitchen](#)

INGREDIENTS

- 15 ounces Canned chickpeas, drained and rinsed
- 1/2 cup Cucumber, diced
- 1/2 Tbsp. Extra virgin olive oil
- 2 Tbsp. Capers
- 1 tsp. Smoked paprika
- 1 1/2 Tbsp. Dijon mustard
- Salt and pepper to taste
- 1 Tbsp. Lemon juice
- 5 ounces Wild canned/ packaged salmon
- 1/2 tsp. Dried dill (or 2 tablespoons chopped fresh dill)
- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese

INSTRUCTIONS

- 1) Preheat oven to 425° F.
- 2) Toss chickpeas with olive oil, 1/2 teaspoon smoked paprika, salt and pepper and spread out on a lined baking sheet.
- 3) Roast for 15 minutes, stirring occasionally until golden and crispy.
- 4) While chickpeas roast, prepare the salmon salad by combining the salmon, cottage cheese, cucumbers, capers, dijon, lemon juice, dill, remaining 1/2 teaspoon smoked paprika, and salt and pepper to taste in a large bowl.
- 5) Mix until well combined.
- 6) Add chickpeas to the mixture before serving and gently stir to combine.
- 7) Serve with lettuce wraps or toasted bread.