

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



Chickpeas & Snow Peas Snack Box

1 serving

8 minutes

Ingredients

- 1 cup Water
- 1/2 cup Snow Peas
- 1/2 cup Chickpeas (cooked, rinsed)
- 1 Pear (sliced)

Nutrition

Amount per serving	
Calories	249
Fat	2g
Saturated	0g
Carbs	52g
Fiber	13g
Sugar	23g
Protein	9g
Cholesterol	0mg
Sodium	14mg
Vitamin A	409IU
Vitamin C	28mg
Calcium	93mg
Iron	3mg
Vitamin D	0IU
Vitamin B6	0.2mg
Folate	167µg
Vitamin B12	0µg
Magnesium	64mg
Zinc	2mg

Directions

- 1 In a saucepan, bring water to a boil. Add the snow peas and cook for one minute. Drain and rinse.
- 2 Serve the snow peas with the chickpeas and pear. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Sauté the snow peas in butter and lemon juice. Season chickpeas with your choice of herbs or spices.