

# MAKE A GREAT PLATE.

Enjoy popcorn as a healthy whole-grain topping.

## Mixed Green Salad with Popcorn Croutons

### INGREDIENTS

6 cups **mixed greens**

1 **red pepper**, diced

1 can no-salt-added **chickpeas**,  
drained and rinsed

2 cups popped plain **popcorn**

### DRESSING:

¼ cup **olive oil**

2 tbs **balsamic vinegar**

1 tsp **Dijon mustard**

**salt** and **pepper** to taste



### DIRECTIONS

**On** a large platter, arrange greens. **Top** with red pepper, chickpeas and popcorn. **In** a small bowl, whisk together oil, vinegar, mustard, salt and pepper. **Pour** over greens and toss to coat.

**Serve** immediately.

Makes 4 servings. Each: 284 calories • 7g protein • 16g total fat • 30g carb • 2g sugar • 7g fiber • 440mg sodium