

ARUGULA, CARROT, BEET, AND CHICKPEA SALAD

SERVES 50 ADULTS

INGREDIENTS

4 1/2 lb. arugula
4 medium to large carrots, shredded
2 1/2 lb. beets, peeled and shredded or cooked
and diced
1/2 #10 can low-sodium chickpeas, rinsed and
drained

DIRECTIONS

1. Place all vegetables in a large bowl and toss with
parmesan and dressing of choice.