THE TEACHING KITCHEN
AT LENOX HILL NEIGHBORHOOD HOUSE

# Romaine, Carrot, Beet, and Chickpea Salad

Serves 50 adults

## Ingredients

6 heads romaine lettuce
4 medium to large carrots, shredded
2 ½ lb. beets, peeled and shredded or cooked and diced
½ #10 can chickpeas, rinsed and drained

## Directions

1. Cut and wash romaine into 2" pieces.
2. Mix.
3. Rinse and drain chickpeas.
4. Combine salad loosely. Serve with dressing.