***NR#69 Bell Peppers, Cucumber and Chickpea Salad***

***Serving Size and Ingredients: 4 oz.***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| ¾ cup | 1 ½ cups | 3 1/8 cups | Lime juice |
| 3 1/8 TBSP | 6 ¼ TBSP | 12 ½ TBSP | Red wine vinegar |
| ¾ cup | 1 ½ cups | 3 1/8 cups | Olive oil |
| ¾ cup | 1 ½ cups | 3 1/8 cups | Vegetable oil |
| 6 ¼ TBSP | 12 ½ TBSP | 25 TBSP | Oregano, chopped |
| 6 ¼ TBSP | 12 ½ TBSP | 25 TBSP | Mint, chopped |
| 6 ¼ TBSP | 12 ½ TBSP | 25 TBSP | Red onion, chopped |
| 3 | 6 | 12 ½ | Jalapeno Chile, finely chopped |
| To taste | To taste | To Taste | Ground Black pepper |
| 6 ¼ cups | 12 ½ cups | 25 cups | Chickpeas, low sodium |
| 3 | 6 | 12 ½ | Red bell pepper “matchstick slices” |
| 3 | 6 | 12 ½ | Yellow bell Pepper, “matchstick slices” |
| 3 | 6 | 12 ½ | Orange bell pepper “matchstick slices”. |
| 3 | 6 | 12 ½ | Green bell pepper “matchstick slices” |
| 3 | 6 | 12 ½ | Cucumber, peeled and sliced into 1/4 to ½ inch pieces |
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***Instructions:***

* In a large bowl, beat the lime juice, red wine vinegar and oils with a fork or whisk until emulsified.
* Toss in the oregano, mint, red onion, jalapeño, and pepper and whisk again until fully incorporated.
* Add the chickpeas, and let it all marinate while you prepare the rest of the vegetables. You can also cover and refrigerate the marinating chickpeas for up to one day.
* When ready to serve, add the bell peppers and cucumbers, mix well,

**NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145°; ground meat or meat mixtures to 155°; raw eggs not prepared for immediate service to 158°; poultry, stuffed meat/fish/ pasta to 165°.**