

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Chickpea Salad

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4.5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Easy ingredients to find, only one that can be a bit difficult is the veganise, but she has a good recipe for vegan mayo in the back of the book (it didn't work for me but have to try with better soy milk)
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Super speedy preparation and easy to follow
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 5/5
<i>Was the item fair in price?</i>	Lower end for price, it has lots of ingredients you have on hand already
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 5/5
<i>Did it take the amount of time indicated?</i>	Took the time it allotted and was very quick
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 3/5
<i>Did the end product look appealing?</i>	I wouldn't say it looked incredibly amazing in the end, but sandwiched between two slices of hearty bread may look better
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great flavor! Super great taste and loved the addition of dill
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 5/5
<i>Was there a good amount of texture in the meal?</i>	Great balance of texture with the celery, chewy dense chickpeas and the crisp peppers.
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Quite filling
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Great balanced meal, under 400 calories and has a great source of protein (14.9grams)
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 4/5
<i>Could this item be made into a leftover?</i>	Yes, great as a leftover! Not sure how it would be frozen however, I think it's best fresh!
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	

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OVERALL SCORE:

46.5/50

