

Chickpea Salad

INGREDIENTS

For the salad:

- 1 can of chickpeas, rinsed and drained
- 1 cup of grape tomatoes, halved
- 1 cucumber, diced
- Optional ingredients (parsley, olives, onion, feta cheese, bell pepper)

For the dressing:

- 1-2 tbsp. olive oil
- 1 lemon, juiced
- 1 clove garlic, minced
- 1 tbsp. Italian spices
- Freshly ground salt and pepper, to taste



DIRECTIONS

1. Chop tomatoes and cucumber and any other optional ingredients.
2. Add ingredients to bowl with can of chickpeas (rinsed and drained).
3. Whisk together dressing ingredients.
4. Drizzle dressing over salad and toss well.