

Chickpea Salad

Servings: 6 as a side salad

For the dressing:

- 3 Tbsp extra virgin olive oil
- 3 Tbsp lemon juice, from 1 large lemon
- 1 garlic clove, pressed or minced
- 1/2 tsp sea salt, or to taste
- 1/8 tsp black pepper

For the salad:

- 1 1/2 cups cherry tomatoes, halved
- 1 English Cucumber, halved and sliced
- 15 oz chickpeas, or garbanzo beans, drained, rinsed
- 1/2 medium red onion, thinly sliced
- 1 avocado, sliced
- 1/4 cup cilantro (or Italian Parsley), chopped
- 4 oz feta cheese, diced (or Queso Fresco)

Combine the dressing ingredients in a small bowl: 3 Tbsp olive oil, 3 Tbsp lemon juice, 1 pressed garlic clove, 1/2 tsp salt and 1/8 tsp pepper and whisk to combine (or shake them together in a small mason jar).

Combine remaining chickpea salad ingredients in a salad bowl, add dressing to taste (we used all of it) and toss to coat.