



Vegetarian Chickpea Salad



4 servings



15 minutes

INGREDIENTS

- 1 can of chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 red bell pepper, diced
- 1 small red onion, diced
- 1/4 cup chopped fresh parsley
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

1. Open the can of chickpeas and pour the contents into a colander or sieve. Rinse the chickpeas under cold running water to remove any excess salt or preservatives. Allow the chickpeas to drain thoroughly, then transfer them to a large mixing bowl.
2. Rinse the cucumber under cold water. Cut off the ends and slice the cucumber lengthwise into quarters. Then, dice the quarters into bite-sized pieces and add them to the mixing bowl with the chickpeas. Rinse the red bell pepper under cold water. Cut it in half, remove the stem, seeds, and membranes, then dice the pepper into small pieces. Add the diced bell pepper to the mixing bowl. Peel the red onion and cut off the ends. Slice the onion in half from top to bottom, then place the flat side down and dice into small pieces. Add the diced onion to the mixing bowl. Rinse the parsley under cold water and pat it dry with a paper towel. Remove any large stems. Finely chop the parsley and add it to the mixing bowl.
3. In a small bowl or measuring cup, combine 2 tablespoons of olive oil and 1 tablespoon of lemon juice. Whisk together until well combined.
4. Pour the dressing over the chickpeas and vegetables in the mixing bowl. Season with salt and pepper to taste. Use a large spoon or spatula to gently toss all the ingredients together until they are evenly coated with the dressing.
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6. Transfer the salad to a serving dish or individual plates. If desired, garnish with additional chopped parsley or a sprinkle of red pepper flakes for a bit of heat.