

CHICKPEA SALAD DELIGHT



INGREDIENTS

- 4 cans of chickpeas
- 2 bell peppers
- 1 large cucumber
- 1 red onion
- 1 cup of cherry tomatoes
- Fresh parsley
- Feta cheese

PREPARATION

- Rinse and drain the canned chickpeas. Pat them dry with a paper towel to remove excess moisture.
- Dice the bell peppers, cucumber, red onion, cherry tomatoes, and parsley. Place them in a large mixing bowl.



SALAD DRESSING

- In a separate bowl, whisk together 1/3 cup of olive oil, 2 tablespoons of lemon juice, 1 teaspoon of Dijon mustard, 1 clove of garlic (minced) Salt and pepper to taste.
- Add the chickpeas to the bowl of chopped vegetables. Pour the dressing over the salad and toss gently to coat all the ingredients.

CHILL & SERVE

- Crumble feta cheese over the salad for an extra burst of flavor. Give it a final toss to incorporate the cheese evenly.
- Cover the bowl and let the salad chill in the refrigerator for at least 30 minutes. Serve chilled and watch it disappear in no time!

