

chickpea salad ingredients directions



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CHICKPEA SALAD

Ingredients:

1 (15 oz) Can chickpeas, drained and rinsed

$\frac{3}{4}$ C quartered cherry tomatoes

$\frac{1}{4}$ C fresh lemon juice (from about 1 large lemon)

(Note: I also add zest of 1 lemon)

2 T packed, finely chopped fresh mint

2 cloves garlic, minced

Salt & Pepper to taste

Directions:

Place the chickpeas and quartered tomatoes in a medium bowl.

Whisk the lemon juice, zest, mint and garlic in a medium bowl; season with salt & pepper to taste. Add the chickpeas and quartered tomatoes and toss.

Additional Notes: Another version of this recipe by Love and Lemons adds chevre goat cheese, Medjool dates and Roasted red peppers, along with cumin seeds in the dressing. This is one of those recipes that you simply can't miss!

Serves 4.

Recipe by Forks over Knives

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