

LEMONY CHICKPEA SALAD

Yield: 6-8 servings | Total Preparation Time: 10 minutes



Ingredients

- 2 (15oz) cans of chickpeas, rinsed and drained
- 1 teaspoon lemon zest
- Juice of 1 lemon
- 2 medium shallots, thinly sliced (or 1 medium red onion)
- 1 garlic clove, minced
- 1/4 cup parsley, chopped (optional)
- Salt and pepper to taste

Instructions

1. Combine lemon juice and olive oil in a bowl and whisk until combined.
2. Stir in diced shallots, minced garlic, parsley and lemon zest.
3. Season to taste with sea salt and black pepper.
4. Combine all ingredients in a large bowl and toss until the chickpeas are coated with the lemon and olive oil mixture.
5. Taste and adjust seasonings as desired.



Chickpeas are also known as garbanzo beans. They are legumes and are in the same family as peanuts and kidney beans. Chickpeas contain lots of nutrients, including folate, magnesium, protein, fiber, and calcium. Toss them on a salad, blend them into a hummus or even toast them for a tasty late-night snack.

#Protip: Rinsing canned beans can reduce as much as 40% of the salt content!

