

Chickpea Yum Yum Salad

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 can (398 mL) organic chickpeas
- 1 cup cucumber, chopped
- 1 cup grape or cherry tomatoes, halved
- 1 sweet yellow pepper, chopped
- 1/4 cup fresh herbs (mint, basil, or dill) chopped
- 1/4 cup extra-virgin olive oil
- Juice from 1 lemon
- Pinch of sea or pink salt

Instructions:

1. Drain and rinse chickpeas. Set aside.
2. In a salad bowl, combine chickpeas, cucumber, tomatoes, yellow pepper and herbs. Pour olive oil and lemon over top. Mix to combine and then sprinkle with a pinch of salt.
3. Enjoy immediately, or refrigerate for up to 1 week.

Notes:

Serves 4-6