

Chickpea Salad

The base recipe of this side dish or meal is gluten free, vegetarian & vegan friendly!

INGREDIENTS

- 1 or 2 diced cucumbers, peeled
- 1 cup diced tomato
- 1/4 cup diced red onion
- 1 tablespoon avocado oil or extra virgin olive oil
- 1/2 tablespoon dill (dried or fresh)
- 1/2 tablespoon garlic powder
- 1/2 teaspoon salt and pepper, to taste
- 15 ounce can chickpeas, rinsed and drained

Directions: Mix all ingredients together in a bowl. Refrigerate.

Options:

- Add tuna, tofu, salmon or another cooked protein to make this a full meal
- Feta cheese & oregano is another addition.
- Quinoa, rice or pasta can be added
- Chickpeas are a great source of iron!