



## **CHICKPEA, TOMATO AND AVOCADO SALAD**

### ***INGREDIENTS:***

1 (14 oz) can chickpeas,

rinsed and drained

15 grape or cherry tomatoes, halved

¼ cup finely chopped red onion

¼ cup finely chopped flat-leaf parsley

2 small avocados, peeled, pitted and cubed

½ cup crumbled feta cheese (optional)

### **Dressing:**

3 tbsp extra virgin olive oil

3 tbsp lemon juice

1 clove garlic, minced

Salt and black pepper, to taste

### ***INSTRUCTIONS:***

In a medium mixing bowl, whisk together olive oil, lemon juice and garlic. Season with salt and pepper to taste. Stir in chickpea, tomatoes, red onion and parsley. Add avocado; toss gently. Serve with a sprinkle of feta cheese over the top.