Chickpea Salad



Makes 4 Servings

Ingredients

- O 1 (15-ounce) can chickpeas, drained and rinsed, or about 2 cups cooked chickpeas
- O 1 cup cooked quinoa
- O 1/2 cup fresh parsley, chopped or torn off the stalk
- O 2 tablespoons lemon juice
- O 1/4 cup olive oil
- O 1/2 teaspoon salt

Directions

- Combine chickpeas, quinoa and fresh parsley in a medium-sized bowl. Set aside.
- 2. In a small bowl, whisk together the lemon juice, olive oil and salt. Pour the dressing over the chickpea salad and stir to combine.
- 3. Enjoy right away or refrigerate and serve chilled.



Recipe from: Feeding PA and PA Eats







feedingpa.org/hpi

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