



Quick and Easy Carrot and Chickpea Salad

Jacob · 30/09/2024



Prep Time

4

Difficult

Medium

Servings

N/A

Description

This carrot and chickpea salad recipe was given to me by a neighbor many years ago. It's a refreshing and different spin on a carrot salad.

Ingredients

- 3 tablespoons olive oil - 2 tablespoons fresh lemon juice - 1 clove garlic
- finely chopped - 1 teaspoon ground cumin - ¼ teaspoon salt - freshly ground black pepper to taste - 2 cups shredded carrots - 1 (14 ounce) can chickpeas (garbanzo beans)
- drained and rinsed - 2 tablespoons chopped fresh parsley - 2 tablespoons chopped white onion

Instructions

1. Whisk olive oil
2. lemon juice
3. garlic
4. cumin
5. salt
6. and black pepper together in a bowl until dressing is smooth. Add carrots
7. chickpeas
8. parsley
9. and onion; toss to coat. Recipe Tips You can use red or green onions instead of white. Salad can be eaten immediately or kept in the refrigerator for up to 2 days.