



Chickpea Salad with Red Onion and Tomato

Oscar · 28/09/2024



Prep Time

4

Difficult

Medium

Servings

N/A

Description

This delicious chickpea salad recipe is really quick to prep with canned chickpeas red onion tomato fresh parsley lemon garlic and olive oil If you have time chilling this salad will enhance the flavor

Ingredients

- - 2 (10.5 ounce) cans chickpeas
- drained - 2 tablespoons red onion
- chopped - 2 cloves garlic
- minced - 1 tomato
- chopped - ½ cup freshly chopped parsley - 3 tablespoons olive oil - 1 tablespoon lemon juice - salt and pepper to taste

Instructions

1. Combine chickpeas
2. red onion
3. garlic
4. tomato
5. parsley
6. olive oil
7. and lemon juice in a large bowl; season with salt and pepper to taste. Cook's Note For best results
8. I like to refrigerate this chickpea salad until chilled before serving
9. about 2 hours.