

Heidi's Summertime Chickpea Salad



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This is one beautiful summertime salad! During a July cookout at my friend Michelle's house, I ate and fell in love with this salad. Michelle's sister-in-law, Heidi, made a delicious chickpea salad that included so many delicious summertime veggies. What I did was try to replicate her recipe (minus the olives because I'm not a big fan). I used "My Favorite Salad Dressing" as the dressing. I think she used an Italian dressing. This salad tastes great the next day and will last for a several days in the refrigerator.

Ingredients:

2 cans organic chickpea (garbanzo beans), rinsed and drained

1 medium organic red onion, minced

1 organic yellow pepper

1 pint organic grape tomatoes, diced

1 English cucumber, diced

1/2 bag radishes, chopped

2/3 cup of "My Favorite Salad Dressing"

Directions:

Drain and rinse 2 cans of chickpeas. Add to a large bowl, the minced onion, chopped pepper, tomatoes, cucumber and radishes. Mix in the salad dressing. Refrigerate and let the flavors meld for about 1 hour.



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