

Easy Chickpea Salad

1-16 oz can Garbanzo beans, drained and rinsed

¼ C Red bell pepper, chopped

½ Cucumber, peeled and sliced

1 C Grape tomatoes, halved

½ C Feta cheese crumbles

¼ C Fresh parsley, chopped

Salt and pepper to taste

2 Tbsp Extra virgin Olive Oil

Juice of 1 lemon

Mixed greens or spinach, washed and patted dry

1 Avocado, Sliced

Broccoli Microgreens

In medium bowl, combine beans, bell pepper, cucumber, tomatoes, feta cheese, parsley, salt and pepper. Stir gently to mix. In small dish, whisk together olive oil and lemon juice, pour over salad, reserving some for later if needed. Stir gently.

Place a bed of greens on a serving plate, top with salad and a few slices of avocado. Top with broccoli microgreens. Serves 4.

