

## Favourite Chickpea Salad

Enjoy this salad as-is or serve it over greens or literally anything that could use some substance and vegetables (nachos or pasta, even). It's nice with crumbled feta cheese as well.

Preparation Time: 20 mins

Cooking Time: NA

Servings: 4 meal sized servings

Amount	Ingredient	Cost – date:
2 cans (15 oz each)	Chickpeas, rinsed and drained or 3 cups cooked chickpeas	
1 medium	Red Bell Pepper, chopped	
1 1/2 cup	Fresh Flat-leaf Parsley, chopped (about 1 bunch)	
1/2 cup	Red Onion, chopped (about 1/2 small)	
1/2 cup	Celery, chopped (about 2 ribs)	
3 Tbsp	Extra-virgin Olive Oil	
3 Tbsp	Lemon Juice (from 1 – 1 1/2 lemons) or more if needed	
2 cloves	Garlic, pressed or minced	
1/2 tsp	Fine Salt	
To Taste:	Freshly Ground Black Pepper	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. In a medium bowl, combine all of the ingredients. Toss until combined. Taste and add additional lemon juice, salt, or pepper if necessary.
2. Serve immediately, or chill until you're ready to serve. Leftovers keep well, covered in the refrigerator, for up to 4 days.

SOURCE: <https://cookieandkate.com>

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**

“Give us this day our daily bread.” Matthew 6:11