

# Cucumber Chickpea Salad

## INGREDIENTS

- 1 15 oz. can no-salt-added chickpeas
- 2 cups cherry tomatoes, halved
- 2 cups English cucumbers, diced
- 3/4 cup green bell pepper, diced
- 1/2 cup fresh parsley, chopped
- 1/4 cup red onion, finely diced
- 1.5 tablespoons lemon juice
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon cumin
- Salt and pepper, to taste

**TIME:** 30 MINUTES

**SERVINGS:** 4

**SERVING SIZE:** 1 CUP



Adapted from: [spendwithpennies.com](http://spendwithpennies.com)



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# Cucumber Chickpea Salad

## PROCEDURE

1. Cut and chop all produce
2. In a medium bowl, combine tomatoes, cucumber, chickpeas, bell pepper, parsley, and red onion.
3. Add the lemon juice, olive oil, vinegar, cumin, salt, and pepper.
4. Toss well to combine
5. Refrigerate for at least one hour before serving.



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