



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

CHICKPEA SALAD

1 (15 oz) can chickpeas, rinsed and drained well

2 cups chopped English cucumber (about 2/3 of 1 medium)

1 ¼ chopped Roma tomatoes (about 2)

¼ cup chopped red onion

3 tablespoons chopped fresh parsley

¼ cup extra virgin olive oil

2 tablespoons fresh lemon juice

1 ½ teaspoons minced garlic

1 ½ teaspoon Italian seasoning

Salt and freshly ground black pepper

1. Add chickpeas, cucumber, tomatoes, red onion and parsley to a bowl.
2. Measure out olive oil into a liquid measuring cup, pour in lemon juice, garlic, Italian seasoning and season with salt and pepper to taste.
3. Pour dressing over mixture in bowl. Toss to evenly coat, season with more salt to taste if needed. Salad will taste good for a few days but texturally it is best if eaten within a few hours.
4. Notes:
 - Garden cucumbers can be substituted, just peel first.
 - Grape tomatoes will work in place of Roma tomatoes.
 - Red wine or white wine vinegar can be substituted for lemon juice.
 - You can also add one of these options:
 - 1/3 cup feta
 - 1 can tuna in water, well drained
 - 1 avocado, diced
 - ¾ cup cooked quinoa
 - ¼ cup sliced Kalamata or black olives

Makes 4 servings.