

Garbanzo Salad

Ingredients:

30 oz. Chickpeas, cooked and drained (or two 15oz cans)
1/2 cup Red Onion, diced
2 cloves Garlic, minced
2/3 cup Kosher Pickles, diced
2 Tbsp Kosher Pickle Juice
1/3 cup Banana Pepper Rings, diced
1/3 cup Celery, diced
1 cup Cherry Tomato halves
1 Avocado (or 1/2 an avocado and 2 Tbsp vegan mayonnaise)

Spices:

1 Tbsp Parsley, dry
1 tsp Lime Juice
2 tsp Coriander, dry
2 tsp Dill, dry
1/2 tsp Paprika
Salt and Pepper to taste.

You'll Need:

Large Mixing Bowl
Food Storage Container
Fork and a spoon
Cutting Board or Mat
Knife

Cooking Time: 15 minutes

Makes: 4-6 Servings



Instructions:

1. Chop all your vegetables and get them ready to go but do not add them to the bowl just yet.
2. Drain the chickpeas and put them into a large bowl.
3. Using a fork, mash the chickpeas. Leave a few of them whole for some varied texture.
4. Dice your avocado. Add it and the lime juice to your bowl. Mash it into the chickpeas and mix until well combined.
5. Add in the rest of the vegetables and spices. Stir together until you get an even distribution of the ingredients.
6. Salt and Pepper to taste.

*Notes: This gets better as it sits. We eat on this for a few days during the week! It is great on its own with some greens and crackers or as a wrap/sandwich! I have more chickpea salad recipes coming soon. Do you have any other ideas for this type? What is your favorite chickpea dish? Let us know what you'd like to see. We would love to hear from you!

Diabetic Vegan