

Lily's Chickpea Salad Recipe

This protein packed, Mediterranean style salad, is a recipe I made up when I was first teaching myself how to cook. This recipe has helped me make sure I eat protein and vegetables while not going over my budget, as a college student. It takes only about 10 minutes to prepare and 30 minutes to cool.

Ingredients

- 1 can of chickpeas
- 1 cucumber
- Green onions to taste
- 2 tbsp. of olive oil
- Juice from 1 lemon
- Salt or garlic salt to taste
- Pepper to taste
- Whatever else you want to add that might be lying around your kitchen or in your fridge

Preparation

- Rinse 1 can of chickpeas in a strainer
- Chop cucumber into halfmoon slices
- Finely chop green onions
- Add chickpeas, green onions, cucumber, and anything else you would like to add to the salad, to a bowl or Tupperware
- Cut lemon in half and squeeze juice into bowl
- Add 2 tbsp. of olive oil to the bowl
- Season with garlic salt and pepper to taste
- Mix or shake Tupperware until all ingredients are coated evenly
- Refrigerate and serve cold for 1-2 days