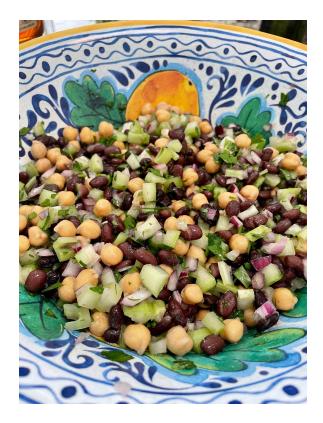
RECIPE

Chickpea and kidney bean salad



- ¹/₄ red onion, finely chopped
- 3 stalks fresh Italian parsley, finely chopped
- One 15-ounce can/bag/box of pre-cooked kidney beans/black beans, drained
- One can /15-ounce bag/box cooked chickpeas, drained

Mix with a spoon until well combined.

Tips

You can eat it with avocado and seeds or some toasted nuts on top to give it extra nuttiness and crunch..

It can last in the fridge in a covered glass container for several days.

Ingredients and preparation

For the lemon vinaigrette, whisk in a *bowl*:

- 1 clove of garlic, crushed or grated
- 1 lemon, squeezed
- 1 teaspoon of honey
- 1/4 cup of olive oil
- 1 teaspoon of salt

Then, stir in remaining ingredients:

• 3 celery/celery stalks, finely chopped

