

RECIPE

# Chickpea and kidney bean salad

- ¼ 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