

Quick Chickpea Salad

Ingredients:

- 1 can chickpeas (drained and rinsed)
- 1 cucumber (diced)
- 1 tomato (diced)
- 1 small red onion (finely chopped)
- Juice of half a lemon
- 2 tbsp olive oil
- Salt & pepper to taste
- Fresh parsley or cilantro (optional)

Instructions:

1. Mix chickpeas, cucumber, tomato, and onion in a bowl.
2. Drizzle lemon juice and olive oil over the salad.
3. Season with salt and pepper, toss well.
4. Garnish with fresh herbs if desired.
5. Serve chilled or at room temperature.

