

# Spiced Chickpea, Pepper, and Cucumber Salad



## Instructions

Serves: 4

1. Cut avocado into cubes and place in a small bowl.
2. Squeeze, then strain the lemons. Pour strained lemon juice over the diced avocado and gently stir to combine well.
3. In a large serving bowl, combine the remaining salad and dressing ingredients and gently toss to combine.
4. Then add the cubed avocado with lemon juice to the large serving bowl, and gently toss.
5. Refrigerate before serving.

## Ingredients

- 1 avocado, halved and diced
- 3 fresh meyer lemons, juiced and strained
- 1 container grape tomatoes, halved (approx. 2 cups)
- 1 English cucumber, diced (approx. 2 cups)
- 1 can chickpeas, drained (15.5 ounces)
- 1 can Navy (white) beans, drained (15.5 ounces)
- 3 rainbow bell peppers (red, yellow, orange), diced (approx. 1 cup)
- 1 bunch fresh parsley, chopped (approx. ½ cup)
- ¼ cup red onion, diced

### Dressing

- 2 tbsp olive oil
- 2 tablespoons red wine vinegar
- ½ teaspoon cumin
- Salt & pepper (I prefer lemon pepper and white pepper)