

Greek Chickpea & Caper Salad

Ingredients

- 1 cup cooked chickpeas
- 1/4 cup chopped cucumber
- 1/4 cup cherry tomatoes
- 1 tbsp capers
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp chopped parsley
- Salt and pepper

Instructions

1. In a bowl, mix chickpeas, cucumber, tomatoes, and capers.
2. Add parsley, then drizzle with lemon juice and olive oil.
3. Add salt and pepper to taste and toss gently.

Benefits

High in plant protein, promotes gut and liver health.