

Lentil Chickpea Salad

10 ingredients · 30 minutes · 4 servings



Directions

1. Add all ingredients to a large bowl. Mix well. Taste and adjust flavor if desired.
2. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cups.

Additional Toppings

Feta cheese, olives, fresh dill.

No White Wine Vinegar

Use red white vinegar, apple cider vinegar, or lemon juice.

Ingredients

1 cup Green Lentils (cooked, drained)

2 cups Chickpeas (cooked, drained)

1/2 cup Red Onion (small, diced)

1 Red Bell Pepper (medium, diced)

1 Tomato (large, diced)

1/4 cup Parsley (chopped)

2 tbsps Extra Virgin Olive Oil

2 tbsps White Wine Vinegar

1/2 tsp Oregano

1/4 tsp Sea Salt