FLEURISH / DOCTOR'S KITCHEN

Chickpea & cucumber salad

fresh, lemony & no stove needed



Cool cucumber, juicy tomatoes and chickpeas in a simple lemon dressing.

Serves 2 **Prep 10 min** **Rest 10 min** **20 min total**

INGREDIENTS

- ☐ 1 can (15 oz) chickpeas, drained and rinsed
- ☐ 1 medium cucumber (or 2 Persian cucumbers)
- ☐ 1/2 cup cherry tomatoes, halved
- ☐ 1/4 small red onion, about 2 tbsp, finely diced
- ☐ 2 tbsp olive oil
- ☐ 1 1/2 tbsp lemon juice (about 1/2 lemon), plus more to taste
- ☐ 1/2 tsp dried oregano
- ☐ 1/4 tsp kosher salt, plus more to taste

LET'S COOK

☐ **1. Prep the vegetables**

Dice cucumber about 1/2 inch. Halve tomatoes, finely dice onion and drain rinsed chickpeas well. Combine in a bowl.

☐ **2. Mix the dressing**

Whisk olive oil, measured lemon juice, oregano and salt in a small bowl or jar.

☐ **3. Toss and rest**

Pour dressing over salad and toss gently. Let stand 10 minutes, then stir and taste. Add a squeeze of lemon or pinch of salt if needed.

☐ **4. Serve**

Divide between 2 bowls, about 1 3/4 cups each.

Refrigerate covered for up to 2 days. Drain extra liquid and refresh with a squeeze of lemon before eating.