Cucumber Chickpea Salad

SERVES: 6

**ingredients**

- 1- 15 oz can chickpeas, drained, rinsed
- 1/4 cup diced red onion
- 2 cups grape tomatoes, sliced
- 1 medium cucumber, diced
- 1/2 cup fresh parsley, chopped
- 3/4 cup diced yellow bell pepper
  (Optional) 1 avocado, diced
- Salt & pepper, to taste

**Dressing:**

- 1/4 cup olive oil
- 1/4 cup lemon juice
  (approx. 1 fresh lemon)
- 2 Tbsp red wine vinegar
- 1/2 tsp cumin

**directions**

In a small bowl, whisk together dressing ingredients. In a large bowl, toss the remaining ingredients. Season with salt and pepper. Pour dressing into large bowl, gently toss to coat. Refrigerate at least 1 hour before serving.

NOTE: If making a day ahead of time, add avocado just before serving.

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