

Fresh Quinoa Chickpea Salad

Ingredients:

- 1 cup uncooked quinoa, rinsed
- 2 cups water
- 1 (15 oz) can chickpeas, drained and rinsed
- 1 medium cucumber, chipped and seeded
- Handful cherry tomatoes, halved
- 1 red bell pepper, chopped
- $\frac{3}{4}$ cup chopped red onion
- 1 cup finely chopped fresh parsley
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup fresh lemon juice
- 2 cloves garlic, minced or grated
- $\frac{1}{2}$ teaspoon salt



Instructions:

1. In a medium saucepan, combine the rinsed quinoa and water. Bring to a boil over medium-high heat, then reduce to a low simmer. Cover and cook until all the water is absorbed, about 15 minutes. Turn off the heat and let it sit for 5 minutes to steam and fluff.
2. While the quinoa cools, add the chickpeas, cucumber, cherry tomatoes, red bell pepper, onion, and parsley to a large mixing bowl.
3. In a small bowl or jar, combine olive oil, fresh lemon juice, minced garlic and salt. Whisk or shake until well combined.
4. Once the quinoa has cooled slightly, add it to the bowl with your veggies. Drizzle the lemon dressing on top and toss everything together until evenly coated. Taste test and feel free to add a pinch more salt or an extra squeeze of lemon.

Meal Prep Tips:

- **Storage:** Keeps in the fridge for up to 4 days in an airtight container.
- **Serving:** Enjoy cold or at room temp. Serve with grilled chicken, hard-boiled eggs, Greek yogurt or avocado for a balanced meal.
- **Customization Ideas:** Toss in feta cheese, olives, or chopped spinach to switch it up!