



Quinoa, Avocado, and Chickpea Salad

Makes Approximately 4 Servings

Directions

- Step 1** Toss all ingredients together in a large bowl, and serve. This salad will keep in the refrigerator for three days if you omit the avocado until ready to serve.

INGREDIENTS

- 2 cups cooked quinoa
- 1 15 oz. can chickpeas (garbanzo beans) – Look for a BPA-free can
- 1 large avocado
- 1 cucumber, chopped
- 1 cup cherry tomatoes, halved (unless you are restricting nightshade vegetables)
- Juice of 1 lemon
- Salt and pepper to taste