

Chickpea Salad

Ingredients:

3 cans chickpeas
1/2 large red onion diced
1 cup ranch dressing
1 1/2 cups chopped celery
1 bunch of dill chopped
1 bunch of parsley chopped
1/4 cup chopped pickles
5 tablespoons lemon juice
1 tablespoon pickle juice
Salt and pepper to taste

Directions:

First, add the diced red onion to a bowl of water with 1 tablespoon of lemon juice and let stand while you make the rest of the dish. Rinse and drain the chickpeas then add them to a large bowl. Add in the ranch, lemon juice, pickle juice, salt, and pepper. Roughly mash the chickpeas and then drain the onions and add them to the chickpea mixture. Finally, add in the chopped celery, dill, parsley, and pickles. Store in the refrigerator and enjoy with chips, alone, or make it into a lettuce wrap.

Buon Appetito!

Cooking Time: 20-25 Minutes

Serving Size: 15

Cooking Appliance:

Notes: