

Chickpea Salad
(serves 4)

2 10 oz. can of low sodium chickpeas rinsed well!
3/4 C roasted red peppers (jar)
12 large leaves of fresh basil (gently chopped)
1/4 C fresh parsley (gently chopped)
1 T raspberry balsamic
2 T extra virgin olive oil
1 t dijon mustard
salt/pepper to taste

1. Combined mustard, raspberry vinegar, and olive oil with salt & pepper. TASTE and set aside.
2. Toss together chickpeas, roasted peppers, herbs and vinaigrette.
3. TASTE! then taste again, and season with salt and pepper if needed.
4. The leftovers can be used for tonight's dinner recipe! Take a look.