CUCUMBER CHICKPEA SALAD

Ingredients:
1 (15oz) can of chickpeas, drained and rinsed
½ onion, diced
1 cucumber, seeded & diced
1 tomato, diced

¼ cup Italian dressing
¼ tsp salt
¼ tsp pepper

Directions:
1. In a bowl combine all the ingredients, mix well and serve.
2. Enjoy!!

Find more recipes and resources online at: www.gcfb.org/recipes_resources
Want to apply for SNAP Benefits? Call the number below for assistance!

Mention Gleaners when speaking with your SNAP representative.

Text HEALTHYEATS to 833-956-1009 to get text alerts for classes, nutrition tips, recipes, and more!