

114 Highfield St, Moncton, NB

Tel: (506) 875-5709

Fax: (506) 799-1875

Quinoa, Avocado and Chickpea Salad

2 cups cooked quinoa

1 15-ounce can chickpeas (garbanzo beans – look for a BPA-free can)

1 large avocado, sliced

1 cucumber, chopped

1 cup cherry tomatoes, halved (unless you are sensitive to tomatoes)

Juice of 1 lemon

2 Tbsp extra-virgin olive oil

Salt and pepper to taste

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.