



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHICKPEAS & TOMATO VINAIGRETTE

Time: 15 minutes

Serves: 4

Ingredients:

2 14-ounce cans chickpeas – rinsed and drained
8 cocktail tomatoes – seven diced & one reserved
1 stalk celery – diced
1 carrot – peeled and diced
¼ red onion – diced
1 hot pepper – finely diced
3 tablespoons parsley – chopped
3 tablespoons extra-virgin olive oil
1 tablespoon sherry vinegar
1 clove garlic - finely chopped or grated
¼ teaspoon kosher salt
⅛ teaspoon - fresh ground black pepper

Preparation:

Place the chickpeas, tomatoes, celery, carrot, onion, pepper and parsley in a suitable bowl.

Put the reserved tomato, olive oil, vinegar, garlic, salt and pepper in a blender, blending on high until combined.

Pour the vinaigrette over the chickpea mixture, toss and serve.

Nutritional Information Per Serving:

Calories: 329
Fat: 15g
Carbs: 39g
Fibre: 12g
Protein: 13g