

HEALTHY EATING @ home



Chickpea Salad

Submitted by: Fedela Falkner, Alumni Affairs and Communications

3 cans of chickpeas drained and rinsed
1 jar (250 ml) sliced green olives drained
3 medium carrots shredded
1 small white onion chopped
1 red and/or green pepper chopped
Italian Salad dressing

Combine everything then toss with dressing. Refrigerate, (toss occasionally) for several hours or overnight.

Note: A little dressing goes a long way after it sits for a while

Enjoy!