



Carb	Protein	Fat	Rest. Veg	Free Veg
1	3	2	1	2

Summer Chickpea Salad

This is a really filling tasty summer salad. It could be used as a lunch or is filling enough for a dinner. It does use up your 2 fat servings and 1 of your carbohydrate servings but as long as you are conscious of that with you other two meals, it is a great choice for those lazy summer evenings and the oven gets a rest.

Best of all it can be used again over the next two days for meals with no need to reheat.

Ingredients

- 280g whole wheat pasta
- 480g chickpeas drained
- 1 medium red pepper diced
- 1 yellow pepper diced
- 200g cherry tomatoes cut in half
- ½ whole cucumber
- 120g feta cheese
- 120g black olives
- 1 medium red onion
- 1 handful parsley

Dressing

- 2 tbsp olive oil
- 15 ml apple cider vinegar
- 1 pinch sea salt
- 1 dash honey

Directions

1. In a large pot of boiling water, cook the pasta for 10 minutes, drain and leave to cool.
2. In a large bowl, combine the chickpeas, peppers, tomatoes, cucumber, feta cheese, onion, olives, parsley and the pasta.
3. For the dressing mix all ingredients in cup, add to the bowl and gently stir.
4. Serve straight away, or cover and place in the fridge, consume within 2 days.