

*Enjoy!*

## CHICKPEA & BLACK BEAN SALAD

### MATERIALS

Large bowl  
Small bowl  
Mixing spoon  
Knife  
Cutting board

### YIELD

Six 1-cup servings

### INGREDIENTS

2 cans black beans, drained and rinsed  
2 cans chickpeas, drained and rinsed  
1/2 red onion, chopped  
20 cherry tomatoes, halved  
1/2 cup fresh parsley, chopped  
1/2 cup fresh mint, chopped  
1/4 cup olive oil  
1/4 cup apple cider vinegar  
1/4 cup lemon juice  
Salt and pepper  
Crumbled feta cheese

DISH: **SIDE OR MAIN**

FOOD GROUP(S):  
**PROTEIN ALTERNATIVE,  
VEGETABLE**



## DIRECTIONS

1. In a large bowl, combine the chickpeas, black beans, red onion, cherry tomatoes, fresh parsley, and fresh mint.
2. In a small bowl, mix together olive oil, vinegar, lemon juice, salt, and pepper. Pour over the salad and toss to coat.
3. Top with crumbled feta cheese.

Recipe selected from <https://www.buzzfeed.com>.

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