

## ***Roasted Chickpea and Tomato Salad***



### **Salad:**

- 1 pint of cherry tomatoes
- 1 medium cucumber, cut into 1/4 inch chunks
- 1/2 of a red onion, diced
- 1/2 cup fresh basil leaves, coarsely chopped
- 1 tablespoon olive oil
- 1/2 teaspoon of fine salt
- 2 cups of chickpeas, drained and rinsed

### **Vinaigrette:**

- 3 tablespoons of balsamic vinegar
- 1/4 cup of extra version olive oil
- 2 cloves of garlic, minced
- 2 teaspoons Dijon style mustard
- 1/4 teaspoon fine salt
- black pepper to taste

### **Instructions:**

1. Preheat oven to 425 degrees
2. Toss Chickpeas with oil and salt
3. Place on a prepared baking sheet and roast in the oven until lightly brown and crisp (about 15-20 minutes)
4. Prepare the dressing by whisking all the ingredients until smooth.
5. Toss chopped tomatoes, cucumber, onion, and basil with dressing and let sit for 5 minutes to absorb the flavors.
6. Once Chickpeas are done roasting, cool slightly and toss with vegetables and dressing.

**Per Serving:** Calories: 185kcal Carbohydrates: 15 grams Fat: 10 grams Protein: 4 grams Sodium: 225mg Sugar: 4 grams

**Serving size:** 1/3 cup

**Servings per batch:** 6 serving