



Makes 5 Cups
Cook Time: 15 minutes

INGREDIENTS:

4 cups cooked chickpeas, or 2 (15-ounce) cans, drained and rinsed

1 small red onion, peeled and diced small

2 cloves garlic, peeled and minced

Zest of 1 lime and juice of 4 limes

1 jalapeño pepper, minced (for less heat, remove the seeds)

1/2 cup chopped cilantro

Sea salt to taste

1 avocado, coarsely chopped

Chickpea Avocado Salad

Serve this flavorful salad on a bed of greens for a complete meal. I like arugula with this dish, but feel free to use your favorite.

From *Forks Over Knives - The Cookbook*

This no-cook recipe and other 30-minute meals are also available in our convenient [iPhone app](#) and newly released [Android app](#).

By Del Sroufe

- 1 Combine all ingredients in a medium bowl and mix well. Add the avocado just before serving.