

Avocado and Chickpea Salad

This vibrant and refreshing Avocado and Chickpea Salad is perfect for a light main dish. Packed with protein and healthy fats, it's a delicious way to enjoy the creamy texture of avocado with the crunch of fresh vegetables.



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 ripe avocado
- 1/2 cup canned chickpeas, drained and rinsed
- 1/2 cup cherry tomatoes, halved
- 1/4 cucumber, diced
- 1 tablespoon red onion, finely chopped
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Steps

- 1 In a medium bowl, mash the avocado with a fork until creamy but still chunky.
- 2 Add the chickpeas, cherry tomatoes, cucumber, red onion, and cilantro to the bowl.
- 3 Drizzle with olive oil and lemon juice, then season with salt and pepper.
- 4 Gently mix everything together until well combined.
- 5 Serve immediately or chill for 10 minutes for enhanced flavors.