



FEATURE
RECIPE

Green Chickpea & Grape Tomato Salad

1 cup	grape tomatoes
½ cup	red bell pepper
½ cup	yellow bell pepper
½ cup	onion (red, white or yellow)
2 cups	green chickpeas
1 tbsp	honey
3 tbsp	fresh lime juice
2½ tbsp	canola or olive oil
¼ tsp	garlic, finely chopped
1 pinch	chili flakes (optional)
1 tbsp	cilantro, chopped
1 tsp	fresh mint, chopped
Salt and pepper to taste	

Cut the tomatoes into half and slice the peppers and onion into strips. Toss in a bowl with the green chickpeas.

Prepare the vinaigrette by whisking together the honey and lime juice. Once the honey has dissolved, add the rest of the vinaigrette ingredients and whisk until blended.

Toss the vegetables and vinaigrette together along with the cilantro and mint. Let it marinate for 15 to 20 minutes before serving.

