

FRENCH CRUSHED CHICKPEA AND ARTICHOKE HEART SALAD

THUG KITCHEN

Ingredients:

1 – 14 oz. can Chickpeas, drained and rinsed
1 – 14 oz. can artichoke hearts, drained,
rinsed, and cut into strips
1 – red bell pepper, chopped
½ cup chopped Kalamata olives
½ small red onion
½ cucumber, peeled and chopped
¼ cup chopped parsley
2 tablespoons lemon juice
2 tablespoons olive oil
1 tablespoon balsamic vinegar
salt and black pepper to taste

Directions:

Put chickpeas in a medium bowl and smash with a potato masher. You're not trying to make a paste, but you don't want a lot of whole chickpeas; aim for somewhere in between.

Fold in the artichoke hearts, bell pepper, olives, onion, cucumber, parsley, lemon juice, olive oil, and vinegar. Mix, add salt and pepper to taste.

You can serve this as is, over spinach, or on a sammie with fresh basil leaves. Enjoy!