

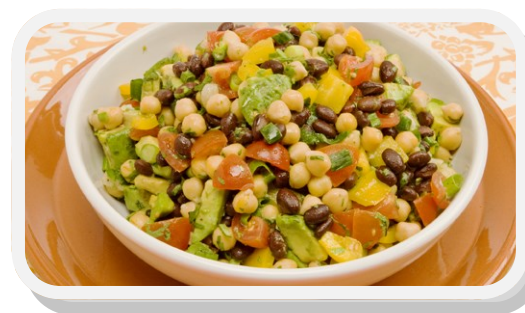
Black Bean, Chickpea & Avocado Salad

Ingredients:

- Cooked Black Beans 2 cups
- Cooked Chickpeas 2 cups
- Tomatoes, chopped 2
- Red pepper, chopped 1
- Green onion 2
- Avocado, peeled & chopped 1
- Lime rind 1 tsp.
- Lime juice 1/4 cup
- Olive Oil 1/4 cup
- Garlic cloves, minced 2
- Jalapeno pepper, seeded & finally chopped (optional) 1
- Salt & pepper to taste

Directions:

- Place beans, chickpeas, tomatoes, red peppers, onions and avocado in a bowl
- Wisk dressing (remaining) ingredients together in a separate bowl, and then mix with salad
- Refrigerate for 1 hour before eating



Did you know...

The *Black Bean, Chickpea & Avocado Salad* is delicious and good for your heart! Not only is this recipe a great source of fibre, but with the avocados and olive oil, it provides heart-healthy fats!