

Avocado, Cucumber, and Garbanzo Salad

Garbanzo beans, or chickpeas, are packed with taste and nutrition, and we make good use of them in the Smart Fat Solution. You can use ones that are canned if you don't cook your own—just rinse them well. This salad is easy to put together; enjoy it as either a side dish or a light meal. Lightly toasting the almonds (or any raw nuts you use in recipes) always brings out their flavor.

Prep Time: 10 minutes

Serves: 2

Ingredients:

1 cup cooked garbanzo beans, rinsed and drained

½ medium seedless cucumber, chopped

2 medium tomatoes, chopped

½ cup Italian parsley, chopped

2 garlic cloves, minced

⅛ teaspoon sea salt

⅛ teaspoon ground black pepper

2 tablespoons extra-virgin olive oil

1 tablespoon red wine vinegar

1 medium avocado, sliced

1–2 tablespoons slivered almonds, lightly toasted

Directions:

Combine garbanzo beans, cucumber, tomatoes, and parsley (reserve 2 tablespoons parsley for garnish) in a salad bowl. Whisk together garlic, salt, pepper, oil, and vinegar in a small bowl and add to salad. Toss well and divide between two plates. Garnish each salad with avocado, almond slivers, and remaining parsley. Serve immediately.

Enjoy,

Steven Masley, MD