

CHICKPEA SALAD

(adapted from [Without Adornment](#))

1 can of chickpeas
2 medium carrots, thinly sliced
1 stalk celery, thinly sliced
1 cucumber, peeled, seeded, diced
Grape or Cherry tomatoes to taste
salt and pepper
grapeseed oil
lime juice
white balsamic vinegar

Boil 2 cups of water in a small sauce pan. Drain the chickpeas from the can, and drop them in the boiling water for 5-10 second. Quickly drain them and rinse with plenty of cold water. Reserve until cold.

In a bowl, mix all the ingredients from chickpeas to tomatoes. Make a simple dressing with oil, a squeeze of lime juice, a little balsamic vinegar, salt and pepper, using the proportions you like, I like my dressing more on the acidic side, so I am liberal with the lime juice. Drizzle over the salad and serve.