



LEMON-GARLIC CHICKPEA & CUCUMBER SKILLET SALAD

Ingredients

- 2 cups cooked garbanzo beans (chickpeas)
- 1 cup diced cucumber
- ½ cup diced tomato
- 2 tablespoons olive oil
- 1 clove garlic, minced
- Juice of 1 lemon
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons chopped fresh parsley or dill



Preparation Steps

- Heat olive oil in a skillet over medium heat and lightly sauté the garlic for about 30 seconds.
- Add the chickpeas and warm for 2–3 minutes.
- Remove from heat and stir in cucumber, tomato, lemon juice, salt, and pepper.
- Sprinkle with fresh herbs and serve warm or chilled over flatbread or greens.