

Chickpea & Watermelon Arugula Salad

By Audrey Plant

Ingredients

6 mini cucumbers, quartered
1 can (15.5-ounces) chickpeas, drained and rinsed
2 cups watermelon, 1-inch cubes
2 tablespoons extra-virgin olive oil
½ tablespoon balsamic vinegar
1 teaspoon kosher salt
½ teaspoon black pepper
Juice of ½ fresh lemon
½ cup fresh mint, roughly chopped
½ cup fresh Italian parsley, roughly chopped
1 bag (5-ounces) baby arugula

Instructions

1. In a large mixing bowl add cucumbers, chickpeas, and watermelon.
2. Add olive oil, balsamic vinegar, salt, pepper, and lemon juice over the mixing bowl.
3. Fold in dressing, mint, and parsley gently, let the salad stand for 10 minutes.
4. Add fresh arugula and mix well. Serve immediately.

Notes:

1. If you plan on eating the salad, later on, leave arugula out till you are ready to serve.
2. Add chicken or shrimp over top for a more filling salad.