

CHICKPEA PESTO SALAD FROM BUDGET BYTES

INGREDIENTS - MODIFIED FOR 1 PERSON

- several heaping tablespoons mayonnaise
- several heaping tablespoons basil pesto
- 1 Tbsp lemon juice
- 1/8 tsp freshly cracked pepper
- 1 15oz. cans chickpeas
- 4 tablespoons finely diced shallot or red onion (1/2 shallot, 1/4 or 1/8 red onion)
- handful of fresh parsley

INSTRUCTIONS

1. Stir together the mayonnaise, pesto, lemon juice, and pepper in a bowl.
2. Rinse and drain the chickpeas. Roughly chop the parsley. Finely dice the red onions (soak the red onions in cold water for 5 minutes for a milder onion flavor). Alternatively, soak the onions in the lemon juice for a few minutes before adding the other ingredients. Add the chickpeas, parsley, and onion to a large bowl.
3. Pour the dressing over the chickpeas, parsley, and onion. Stir to combine. Serve as is or slightly mash the chickpeas for a thicker consistency. Serve immediately or refrigerate until ready to eat.