

## **Chickpea and Tomato Salad**

From Andrea Caceres, Nutrition and Vision Lab, Tufts

### Ingredients

- 2 15-ounce cans of garbanzo beans (chick peas), drained and rinsed
- 3 ripe tomatoes
- a hand-full of basil leaves
- some extra virgin olive oil
- salt (quality depends on taste)

### Instructions

1. Chop tomatoes into small pieces.
2. Rip basil leaves into small pieces.
3. Mix in tomatoes and basil leaves with chickpeas.
4. Add some olive oil and salt.
5. Mix well.
6. Eat on a nice winter day.