

## Lemony Kale Chickpea Avocado Salad

### Ingredients

#### Dressing:

- ¼ cup Olive Oil
- 2 Tbsp. Lemon Juice
- 1 Clove Garlic, Minced
- ¼ tsp Salt
- Pinch Black Pepper

#### Salad:

- 8 cups Kale (rinsed & chopped)
- 1, 15 oz. can of Garbanzo Beans (drained)
- 1 Ripe Avocado (diced)

### Directions

1. In a small bowl, combine lemon juice, garlic, salt, and black pepper; whisk to combine. Slowly drizzle olive oil into mixture and whisk until creamy.
2. In a large bowl, pour dressing over the kale. Massage dressing into kale until all is covered and kale is softened.
3. Gently fold in chickpeas and avocado. Cover and refrigerate before serving.

### Nutrition Information (per serving)

Serving size: 1 cup, Servings: 8  
Calories: 168, Protein: 6g, Carbohydrate: 15g,  
Sugar: 2g, Fat: 11g

(Adapted from [thekitchengirl.com](http://thekitchengirl.com))

## Summer Cucumber Salad

### Ingredients

#### Dressing:

- ¼ cup Olive Oil
- 2 Tbsp. Red Wine Vinegar
- 1 Tbsp. Lemon Juice
- 1 tsp Dried Oregano
- ½ tsp salt
- Pinch Black Pepper

#### Salad:

- 1 Cucumbers (diced)
- 2 Roma Tomatoes (diced)
- ½ small Red Onion (diced)
- 1 Green Bell Pepper (diced)
- ¼ bunch Parsley (rinsed & chopped)
- 2 oz. Feta

### Directions

1. In a small bowl combine olive oil, red wine vinegar, lemon juice, oregano, salt, and black pepper; whisk to combine.
2. In a large bowl, combine cucumbers, tomatoes, bell pepper, red onion, parsley, and feta.
3. Pour the dressing over the salad; toss to combine. Cover and refrigerate before serving.

### Nutrition Information (per serving)

Serving size: 1.25 cups; Servings: 6  
Calories: 123, Protein: 2g, Carbohydrate: 4g,  
Sugar: 2g, Fat: 11g

(Adapted from [budgetbytes.com](http://budgetbytes.com))