**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.

**Nutrition Information (per serving)**
- Serving size: 1 cup, Servings: 8
- Calories: 168, Protein: 6g, Carbohydrate: 15g, Sugar: 2g, Fat: 11g

(Adapted from thekitchengirl.com)

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**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)