

## **Black Bean and Chickpea Salad**

### **Ingredients**

- 1 can black beans
- 1 can chickpeas
- Parsley, salt, pepper
- Chopped cherry or grape tomatoes (optional)
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar

### **Directions**

1. Drain the beans and put into bowl.
2. Mix olive oil, parsley, salt, pepper and balsamic vinegar together.
3. Pour over the mixed beans.
4. Add chopped red onion and tomatoes on top and mix well.

**Mary-Beth says:** *"This side lives practically eternally in my refrigerator, due to its simplicity, not to mention its ability to increase the nutritional value of any lunch salad."*