

## Belela Salad With Quinoa

### Instructions

1. Drain and rinse the chickpeas and black beans and place them in a large bowl.
2. Dice the red onion, cucumber, and tomatoes, and add them to the bowl. Mince the cloves of garlic and add them to the bowl. Chop the mint and parsley and add them to the bowl of ingredients.
3. Zest the lemon and add it to the bowl, then cut the lemon in half and squeeze the juice over the ingredients.
4. Add the olive oil, season with salt and pepper, and mix all together.
5. Serve over cooked quinoa and enjoy!

### Ingredients

- 2 cans of chickpeas
- 1 can of black beans
- ½ of a small red onion
- ½ of an English cucumber
- 2 Roma tomatoes
- 3 cloves of garlic
- 2-3 tablespoons of fresh mint
- ½ cup of fresh parsley
- 1 lemon
- 4 tablespoons of olive oil
- Salt and pepper
- 2-3 cups of cooked quinoa

### Grocery List

- Chickpeas
- Black beans
- Red onion
- English cucumber
- Roma tomatoes
- Garlic
- Mint
- Parsley
- Lemon
- Olive oil
- Salt
- Pepper
- Quinoa