 **Summer Chickpea Salad**

*Serves 8*

**Ingredients**

4 cups lettuce, any kind, chopped

¼ cup fresh basil, chopped

¼ cup fresh parsley chopped

2 tbsp thyme, chopped

1 cup corn kernels

1 ½ cups grape tomatoes, halved

1 medium red bell pepper, chopped

1 cup blackberries

1 peach, chopped

1 jalapeño, seeded and chopped

1 can chickpeas, rinsed

¼ cup sunflower seeds

¼ cup pecans

¼ cup olive oil

1 tbsp apple cider vinegar

2 tsp honey

½-1 tsp chili powder

1-2 cloves garlic

1 lemon, juiced

Salt and pepper to taste

1 avocado, pitted and diced

6oz goat cheese, crumbled

**Directions**

1. In a large bowl, combine basil, parsley, thyme, corn, tomatoes, red pepper, blackberries, peach, jalapeño, and chickpeas.
2. In a small bowl, whisk together olive oil, apple cider vinegar, honey, chili powder, garlic, lemon juice, salt and pepper.
3. Pour dressing over salad and toss. Place salad on bed of lettuce. Top with avocado and goat cheese.

**Nutrition**

*300 cals, 19g C, 10g P, 21g F*