

# Chickpea Confetti Salad {Gluten-Free, Vegan}

Summers in North Carolina are often too hot to turn on the oven, and we are frequently too busy to fuss with elaborate meals. Instead, summer meals in our house typically involve a [grilled protein](#) and a hearty [salad or two](#).

## **Chickpea Confetti Salad: a hearty and delicious summer salad**

I try to have a revolving menu of make-ahead salads that are packed with protein and fiber (whole grains or beans) and can be assembled in just a few minutes. This chickpea confetti salad is one of our summer staples. It was initially inspired from extra chickpeas, tahini, and lemon juice leftover from making homemade hummus. I mixed in some chopped red bell pepper, parsley, and red onion to add some color and crunch. This salad goes particularly well with [grilled lemon rosemary chicken](#).

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\*Note: I choose to purchase organic tomatoes. Read more on [pesticides and produce](#).

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Gluten Free • Vegan • Protein-Packed