

# Chickpea Salad with Grilled Chicken

## Ingredients:

For Chickpea Salad:

- 1 can chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 tomato, diced
- 1/2 red onion, finely chopped
- 1 bell pepper, diced
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

For Grilled Chicken:

- 2 boneless, skinless chicken breasts
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper to taste
- Olive oil for grilling

## Instructions:

1. Prepare Chickpea Salad:

- In a large bowl, combine chickpeas, cucumber, tomato, red onion, and bell pepper.
- Drizzle with olive oil and lemon juice. Season with salt and pepper.
- Toss everything together and garnish with fresh parsley.

2. Grill the Chicken:

- Season chicken breasts with garlic powder, oregano, basil, salt, and pepper.
- Preheat a grill or grill pan over medium heat and lightly oil the grate.
- Grill chicken for 6-7 minutes per side, or until cooked through.

- Let it rest for a few minutes, then slice.

### 3. Assemble Your Lunch:

- Serve a generous portion of chickpea salad with sliced grilled chicken on the side.

Enjoy this refreshing and satisfying meal!