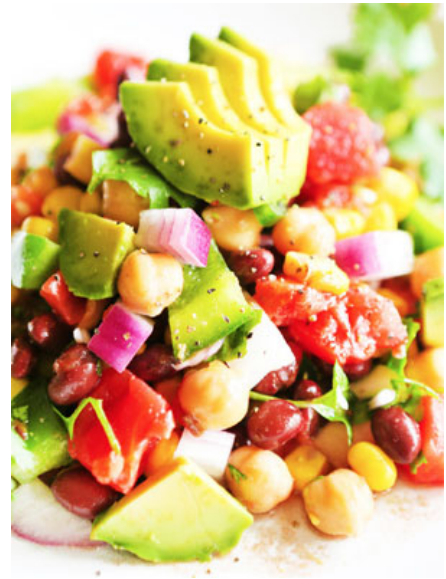


Loaded Veggie Salad

Excerpt from: https://www.pipandebby.com/pip-ebby/2016/8/31/loaded-veggie-salad-with-chickpeas-and-black-beans#_a5y_p=575342

Contributed by Princess Karen Benitez, this was a hit salad at one of the Feather Princesses lunches.

This versatile Loaded Veggie Salad is EASY to make and it is packed with healthy ingredients, such as chickpeas, black beans, tomatoes and avocados. It is a delicious lunch, wrap filling, party side or even a topping for chicken!



Ingredients:

- Black Beans (1 or 2 cans)
- Chickpeas (1 or 2 cans)
- Corn (1 or 2 cans)
- Red Onion - diced
- Green Bell Pepper - diced
- Tomatoes - diced
- 1-3 Avocados - diced

- Green chilies - chopped (only enough for your taste)
- Jalapeno - chopped (only enough for your taste)
- Cilantro - chopped (only enough for your taste)

Directions

1. In a large bowl, add the above ingredients.
2. Add only enough Olive Oil to make a dressing to slight coat the veggies.
3. Squeeze 1/2 lime around on the ingredients.
4. Mix all ingredients.
5. Top mixed veggies with cut up avocado.
6. Let stand so all flavors soak in. You may put in refrigerator if not serving right away.