

Integrative Health Institute

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Great Veggie Goodness

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Serves 2-4

Ingredients:

- 1 ripe avocado (Peel, remove pit, and dice)
- 2 ripe roma tomatoes (diced)
- 1 cup Organic Chick peas (cooked or canned)
- 1/2 yellow pepper diced (seeds removed)
- 2 tsp olive oil
- juice of 1/2 lemon
- salt and pepper to taste
- Rice crackers

Directions:

Combine vegetables, olive oil, and lemon juice in a medium bowl and toss well. Add salt and pepper to taste. Serve with rice crackers for dipping.

Special Notes:

This can be used to top green salad, or as a side dish all on its own. It can be eaten with crackers or toast. This dish is a great source of antioxidants, healthy fats, and fiber. It also contains protein in of the chickpeas. This is my favorite lunch!!