Chickpea & Chopped Vegetable Bowl

Ingredients

- 1 can chickpeas, drained and rinsed
- Cucumber, diced
- Tomatoes, diced
- Cottage cheese
- Fresh parsley, roughly chopped
- Olive oil
- Kosher salt
- Freshly ground black pepper

Assembly

1. Place the chickpeas, cucumber, and tomatoes in distinct sections of a bowl or combine lightly if preferred.
2. Spoon cottage cheese into the bowl as a soft mound.
3. Season the vegetables and chickpeas with salt and black pepper.
4. Drizzle olive oil lightly over the cottage cheese and vegetables.
5. Finish with chopped parsley scattered over the top.

Note:

If feta is on hand, crumble a small amount over the bowl for added salt and acidity.