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Ceci Bean Salad

Ceci beans, a.k.a. garbanzo beans or chickpeas, are a great source of protein. More ceci bean trivia: according to Italian rules for vowels following the letter C, "ceci" is pronounced "chay-chee."

- 1 14-oz can ceci (garbanzo) beans, drained
- 1 large cucumber, peeled, seeded, and chopped
- 2 large tomatoes, chopped
- 1/2 cup Vidalia onion, chopped fine
- 2 Tbs. chopped fresh basil
- 2 Tbs. chopped Italian flat-leaf parsley
- 2 Tbs. extra virgin olive oil
- 2 Tbs. red wine vinegar
- Salt and freshly ground pepper, to taste

Place all ingredients into a large bowl. Mix and allow flavors to marry for an hour before serving.