



Mediterranean Chickpea Salad

Servings: 4

Prep Time: 10 minutes

Cook Time: None



Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
 - 1 cup cherry tomatoes, halved
 - 1 cucumber, diced
 - 1/4 cup red onion, finely chopped
 - 1/4 cup Kalamata olives, sliced
 - 1/4 cup crumbled feta (or plant-based alternative)
 - 2 tbsp fresh parsley, chopped
 - Juice of 1 lemon
 - 2 tbsp olive oil
 - 1/2 tsp dried oregano
 - Salt & black pepper to taste
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Instructions:

1. **Prepare vegetables:** Combine chickpeas, cherry tomatoes, cucumber, red onion, olives, and parsley in a large bowl.
2. **Make the dressing:** In a small bowl or jar, whisk together lemon juice, olive oil, oregano, salt, and pepper.

3. **Toss salad:** Pour the dressing over the chickpea mixture. Stir well to coat everything evenly.
 4. **Top & serve:** Sprinkle crumbled feta over the top before serving. Chill for 15–30 minutes for best flavor (optional).
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🍋 Optional Add-Ins:

- Diced avocado
- Cooked quinoa for a heartier version
- Roasted red peppers or artichoke hearts

