

LTLM Gardens - The Sears' Family
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Cucumber Chickpea Feta Salad

Prep Time: 15 min | Total Time: 15 min | Difficulty: Easy | Servings: 8 - 10

Cucumbers consist mostly of water, and they also contain important electrolytes. They can help prevent dehydration in hot weather or after a workout.

Ingredients:

2 15 oz. cans chickpeas
1 large cucumber chopped
8 oz. feta cheese diced
1/2 c. diced red onion
1/4 c. minced basil
1/2 c. olive oil
1/4 c. white balsamic vinegar
2 Tbsp. lemon juice
2 cloves garlic minced
1 tsp. dried parsley
1/2 tsp. dijon mustard
1/4 tsp. salt
1/8 tsp. Pepper

Directions:

Combine chickpeas, cucumber, feta cheese, red onion, and basil in a medium mixing bowl. Prepare dressing by combining remaining ingredients in a small bowl or jar. Mix well. Pour dressing over salad and stir to combine.