

Mediterranean Chickpea Salad



Servings: 6

1 cucumber, chopped
1 pint cherry tomatoes, halved
1 red bell pepper, chopped
1 can chickpeas, rinsed and drained
3/4 cup feta cheese, crumbled
For the Dressing:
1/4 cup olive oil
2 tablespoons red wine vinegar
1 garlic clove, minced
1 teaspoon dried oregano
1 teaspoon Dijon mustard
salt and pepper, to taste
fresh parsley, chopped

To a salad bowl add cucumber, tomatoes, red bell pepper, red onion, chickpeas, and feta cheese. Set aside.

In a bowl whisk together olive oil, red wine vinegar, garlic, oregano, Dijon mustard, salt, and pepper.

Add the dressing to the salad and toss to coat.

Top with fresh parsley.

Serve

Per Serving (excluding unknown items): 190 Calories; 16g Fat (72.6% calories from fat); 6g Protein; 8g Carbohydrate; 2g Dietary Fiber; 26mg Cholesterol; 342mg Sodium; 3g Total Sugars; trace Vitamin D; 165mg Calcium; 1mg Iron; 273mg Potassium; 135mg Phosphorus. Exchanges: .