

Mediterranean Chickpea Salad Recipe

This delicious salad is an excellent source of plant-based protein.

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Photo credit: mizina / bigstockphoto.com

8 servings | serving size: 1/8 of recipe

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce by rinsing parsley and gently rubbing cucumber, bell pepper, onion, and lemon under cold, running water. Prewashed, packaged items do not require further washing.

Ingredients

Salad

- 3 cups cooked chickpeas or 2 (15 ounce) cans no salt added chickpeas, drained and rinsed
- 1 cucumber, chopped
- 1 bell pepper, color of choice, chopped
- 1/2 red onion, thinly sliced
- 1/3 cup sliced kalamata olives
- 1/2 cup fat-free crumbled feta cheese

Dressing

- 1/4 cup extra-virgin olive oil
- 2 Tablespoons white wine vinegar
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon chopped fresh parsley
- 1/4 teaspoon red pepper flakes

- Ground black pepper, to taste

Directions

1. In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives, and feta cheese.
2. In a jar with a tight-fitting lid, prepare the dressing by combining the olive oil, vinegar, lemon juice, parsley, red pepper flakes, and black pepper. Shake well.
3. Just before serving, pour dressing over the salad and toss gently until evenly coated.

Recipe adapted from *Delish: Mediterranean Chickpea Salad*

(<https://www.delish.com/cooking/recipe-ideas/a19885314/mediterranean-chickpea-salad-recipe/>)

Nutrition Facts	
8 servings per container	
Serving size	1/8 of recipe (143g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 2mg	10%
Potassium 250mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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