



# MEDITERRANEAN CHICKPEA SALAD

## A Fresh and Colorful Bowl of Plant-Based Power

This Mediterranean Chickpea Salad is more than just a side, it's a celebration of color, crunch, and wholesome ingredients. Packed with fiber-rich chickpeas, juicy tomatoes, crisp cucumbers, and briny olives, this vibrant dish brings the sun-soaked flavors of the Mediterranean straight to your kitchen.

Tossed in a simple lemon-olive oil dressing and finished with crumbled feta and fresh herbs, it's a perfect light lunch, picnic salad, or potluck showstopper. Plus, it's vegetarian and easy to make in under 20 minutes.

### Ingredients

- 1 can (15 oz / 425g) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced (peeled if preferred)
- ¼ cup red onion, finely sliced
- ⅓ cup Kalamata olives, pitted and halved
- ¼ cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh mint (optional)

### For the Dressing:

- 3 tablespoons extra virgin olive oil
- 1½ tablespoons fresh lemon juice
- 1 teaspoon red wine vinegar
- 1 garlic clove, finely minced
- ½ teaspoon dried oregano
- Salt and pepper to taste

### Instructions

#### 1. Prepare the Salad Base

In a large bowl, combine the chickpeas, cherry tomatoes, cucumber, red onion, olives, and herbs.

## **2. Make the Dressing**

In a small bowl or jar, whisk together olive oil, lemon juice, red wine vinegar, garlic, oregano, salt, and pepper until emulsified.

## **3. Combine and Toss**

Pour the dressing over the salad and toss well to coat. Add crumbled feta cheese and give it a final gentle mix.

## **4. Chill or Serve Immediately**

You can serve this salad right away, but letting it sit in the fridge for 15–30 minutes enhances the flavors beautifully. Serve cold or at room temperature.

## **Nutritional Information (Per Serving)**

- Calories: 297
- Protein: 21.6g
- Carbohydrates: 34.2g
- Fat: 15.1g

## **Serving Suggestions**

- As a light lunch with warm pita bread
- As a side to grilled chicken or fish
- As a topping on leafy greens for an even bigger salad bowl