



# 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
- ½ 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