

RECIPE

Chickpea Salad



Serving: 1.5 cup

Calories: 200kcal

Protein: 28g

Fat: 8g

Fiber: 4g

Ingredients

- 1 can chickpeas (garbanzo beans), 15 oz rinsed and drained
- 1 cup cherry tomatoes, halved or quartered about 15 tomatoes
- 4 persian cucumbers, diced or 1 english cucumber
- ¼ cup red onion, diced about a quarter of an onion
- ¼ cup fresh parsley, chopped more to taste
- 2 tablespoon fresh dill, chopped more to taste
- ½ cup crumbled feta cheese 4 oz or half a block

Instructions

- 1) Drain and rinse a can of chickpeas.
- 2) Dice the cucumber and tomatoes, and chop the red onion and fresh herbs. Combine it all in a large bowl.
- 3) Top the salad ingredients with the dressing ingredients. Toss until everything is coated.
- 4) Add crumbled feta on top and gently toss again.

Dressing

- 1 tablespoon extra virgin olive oil
- 2 tablespoon white wine vinegar or apple cider vinegar
- 1 lemon (juice of) about 2-3 tablespoon lemon juice
- ½ teaspoon garlic powder more to taste
- ½ teaspoon salt more to taste
- black pepper more to taste

