

Mediterranean Chickpea Salad

EASY | RECIPE

Ingredients:

1 can (15 oz) chickpeas, drained and rinsed

1 large tomato, diced

1 medium cucumber, diced

1 yellow pepper, seeded and diced

2 tbsp chopped kalamata olives

¼ cup red onion, diced

½ cup crumbled feta cheese

3 tbsp extra-virgin olive oil

3 tbsp lemon juice

1 tsp dried oregano

Pinch each salt and pepper

½ cup fresh chopped parsley, optional



Method:

In a large serving bowl, mix chickpeas, tomato, cucumber, yellow pepper, olives, onion and feta cheese. **In** a small jar or container with lid, combine olive oil, lemon juice, oregano, salt and pepper. **Shake** well and pour dressing over salad. **Add** parsley if using. **Toss** to combine and enjoy.

Makes 4 servings. Per serving:

300 calories | 11g protein | 17g total fat | 4g saturated fat | 8g mono fat | 5g poly fat |
23g carbohydrate | 2g sugar | 6g fiber | 542mg sodium