

# Mediterranean Chickpea Salad

## INGREDIENTS

- ¼ cup red onion, finely diced
- 1.5 cups cherry tomatoes, quartered
- 1.5 cups cucumbers, quartered
- 1 15 oz can chickpeas, drained & rinsed
- 1/2 tablespoon olive oil
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 teaspoon fresh parsley
- 1/4 cup crumbled low-fat feta cheese

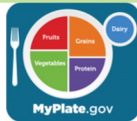
SERVINGS: 6

SERVING SIZE: 1 CUP

TIME: 20 MINUTES



Adapted from:  
[thecleaneatingcouple.com](http://thecleaneatingcouple.com)



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.

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## PROCEDURE

1. In a large bowl, add red onions, tomatoes, cucumbers, and chickpeas
2. In a small bowl or jar, whisk together olive oil, lemon juice, garlic powder, dried basil, dried oregano, black pepper, parsley, and salt
3. Pour dressing over salad and mix well
4. Top with crumbled low-fat feta

**Note:** this recipe can be stored in the fridge for up to 3 days in an airtight container

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