

# Summer Chickpea Salad

## INGREDIENTS

- 15 ounce can chickpeas, rinsed and drained
- 1 1/2 cups chopped Persian or English cucumbers
- 1 cup cherry tomatoes, halved
- 1 cup fresh or frozen (defrosted) corn
- 1 peach, diced
- 1 jalapeño, seeded and minced
- 1 tablespoon finely chopped chives
- 1/4 cup basil leaves, chopped
- 1/2 cup cubed or crumbled low-fat feta cheese
- 1/4 cup fresh lemon juice
- 1 1/2 tablespoons olive oil
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- Salt and black pepper to taste

# Summer Chickpea Salad

## INGREDIENTS

- 15 ounce can chickpeas, rinsed and drained
- 1 1/2 cups chopped Persian or English cucumbers
- 1 cup cherry tomatoes, halved
- 1 cup fresh or frozen (defrosted) corn
- 1 peach, diced
- 1 jalapeño, seeded and minced
- 1 tablespoon finely chopped chives
- 1/4 cup basil leaves, chopped
- 1/2 cup cubed or crumbled low-fat feta cheese
- 1/4 cup fresh lemon juice
- 1 1/2 tablespoons olive oil
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- Salt and black pepper to taste

# Summer Chickpea Salad

## PROCEDURE

1. In a large serving bowl combine the chickpeas, cucumber, tomatoes, peach, corn, jalapeño, basil, chives and feta.
2. In a small bowl whisk together the lemon juice, dijon mustard, honey, olive oil, salt, and pepper.
3. Pour the vinaigrette over the salad and stir together until combined. Taste for seasoning and serve or cover and refrigerate until ready to serve.



**TIME: 30 MINUTES**

**SERVINGS: 5**

**SERVING SIZE: 1 CUP**



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

# Summer Chickpea Salad

## PROCEDURE

1. In a large serving bowl combine the chickpeas, cucumber, tomatoes, peach, corn, jalapeño, basil, chives and feta.
2. In a small bowl whisk together the lemon juice, dijon mustard, honey, olive oil, salt, and pepper.
3. Pour the vinaigrette over the salad and stir together until combined. Taste for seasoning and serve or cover and refrigerate until ready to serve.



**TIME: 30 MINUTES**

**SERVINGS: 5**

**SERVING SIZE: 1 CUP**



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