

Chickpea Salad with Lemon and Dill

Serves 13

Ingredients:

- 2 (15-ounce) cans chickpeas
- 1 medium English cucumber
- 6 small tomatoes
- 1 ½ ounce feta cheese (or goat cheese)
- ¼ cup lemon juice
- ¼ cup olive oil
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- ¼ cup fresh dill, chopped
- Salt and pepper to taste



Directions:

1. Open, drain and rinse chickpeas and add to a large bowl.
2. Cut the cucumbers into quarters lengthwise and then into bite-sized chunks. Slice tomatoes into small wedges.
3. Add the cucumbers and tomatoes to the chickpeas and crumble feta on top.
4. In a separate medium bowl, whisk together lemon juice, olive oil, mustard, honey, and fresh dill – season with salt and pepper to taste.
5. Pour dressing onto salad and toss.

Nutrition Information per serving (per ½ cup):

Calories: 276, Total Fat: 14g, Saturated Fat: 3g, Unsaturated Fat: 11g, Cholesterol: 8mg, Sodium: 75.4mg (sodium content w/out added salt accounted for), Carbohydrate 30 g, Fiber: 98, Sugar: 8g, Added sugar: 0g, Protein: 10g

SOURCE: <https://www.inspiredtaste.net/19298/fresh-chickpea-salad-recipe-with-lemon-and-dill/#itr-recipe->
