

GREEK CHICKPEA SALAD

Serves 4 –6*

INGREDIENTS

- 1 (15 ounce) can of chickpeas, rinsed and drained
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 green bell pepper, chopped
- 1 small red onion, chopped
- 15 grape tomatoes, halved
- 1/3 cup pitted Kalamata olives
- 1 cucumber, sliced and quartered
- 4 ounce feta cheese, crumbled



DRESSING

- 2 teaspoons olive oil
- 2 tablespoons freshly squeezed lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried oregano

DIRECTIONS

1. Place all salad ingredients into a large bowl and toss to combine.
2. In a small bowl, whisk together olive oil, lemon juice, garlic and oregano.
3. Pour dressing onto salad and toss again to combine.
4. Place in refrigerator for 1 hour to marinate.

*Salad serves 4 people as an entrée or 6 people for a side salad.

NUTRITION INFORMATION PER SERVING (1/4 recipe)

Calories: 254, Total Fat: 12g, Saturated Fat: 1g, Sodium: 218mg, Carbohydrates: 33g, Fiber: 4g, Added Sugar: 0g, Protein: 12g

SOURCE [Ambitious Kitchen](#)
