

Greek Chickpea Salad

Serves: 6

Ingredients:

- 1 can chickpeas, drained and rinsed
- 1 cup tomato, chopped
- 1 cup cucumber, chopped
- 1/3 cup purple onion, chopped
- 1/2 cup feta cheese, crumbled



For the dressing:

- 1/4 cup olive oil
- 2 tbsp red wine vinegar (or lemon juice)
- 1/2 tsp salt
- 1/4 tsp pepper
- (Optional: 1/2 tsp oregano, 1/2 tsp garlic powder)

Directions

1. In a large bowl, combine the chickpeas, tomatoes, cucumber, onion and feta. I
2. In a separate bowl, combine the olive oil, red wine vinegar, salt, pepper (oregano and garlic powder). Mix until well combined.
3. Pour the salad dressing over the chickpea salad. Mix until well combined.

Nutrition Tip

Chickpeas are an excellent source of **fibre** and **protein**.