

RECIPE

Chickpea Salad with Tomato & Cucumber

🕒 10 minutes / 1 serving

THIS REFRESHING, Mediterranean-inspired salad comes together in minutes for an easy summer lunch or dinner! Cucumber and tomato are a crunchy base for protein-packed chickpeas and briny olives, while lemon and cumin brighten the whole bowl up.

INGREDIENTS

- 2 tsp fresh lemon juice
- 1 tsp extra-virgin olive oil
- $\frac{1}{8}$ tsp ground cumin
- 1 tomato, chopped
- 1 cup chopped cucumber
- 1 cup canned chickpeas, rinsed
- $\frac{1}{4}$ cup pitted green olives
- salt and pepper to taste
- $\frac{1}{2}$ whole-wheat pita



INSTRUCTIONS

- 1 WHISK** lemon juice, oil, and cumin in a medium bowl.
- 2 ADD** tomato, cucumber, chickpeas, and olives.
- 3 SEASON** Season with salt and pepper and toss to coat.
- 4 SERVE** with pita.

NUTRITIONAL INFO PER SERVING

CALORIES

380

PROTEIN

14 g

FIBER

14 g