



Mediterranean Chickpea Salad

Prep: 15 minutes | Inactive: 10 minutes | Cook: 0 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

- 2 tablespoons lemon juice or red wine vinegar
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon dried oregano
- ½ teaspoon crushed red pepper flakes
- ½ medium onion, diced (about ½ cup)
- 1-2 cloves garlic, minced (about 1 teaspoon)
- 1 (15-ounce) cans no-salt-added chickpeas (garbanzo beans), drained and rinsed
- 1 medium tomato, diced (about 1 cup)
- ½ medium cucumber, unpeeled and diced (about ½ cup)
- ½ medium bell pepper, diced (about ½ cup)

Directions

1. In a large mixing bowl, whisk together the lemon juice or vinegar, oil, oregano, and red pepper flakes to make a dressing.
2. Add the onion and garlic. Stir to combine, then let sit for at least 10 minutes.
3. Add the chickpeas, tomatoes, cucumber, and bell pepper. Toss to combine.
4. Serve immediately, or chill before serving if desired.

Recipe Notes

- Letting the onion and garlic sit in the acidic dressing in step 2 helps to cut down their harsh pungent flavors.
- You can save some time by prepping the tomatoes, cucumber, and bell pepper while the onion and garlic sit with the dressing.
- Cut up the remaining cucumber and bell pepper into slices and enjoy as a snack if desired.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 8.5 g | Saturated Fat: 1 g
Sodium: 10 mg | Total Carbohydrate: 15 g | Dietary Fiber: 3 g | Protein: 4.5 g**

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