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Chopped Greek Chickpea Salad

recipe from: ambitious kitchen

This simple Chopped Greek Chickpea Salad recipe takes less than 20 minutes to throw together. Packed with Mediterranean flavors including chickpeas, tomatoes, bell pepper, feta, cucumber, olives and a light lemon dressing. Chickpeas are also known as garbanzo beans. You can use either interchangeably in this recipe.

Why does this bean have two names? Answer: It is the same bean. The name is used interchangeably between cultures, regions and languages.

Ingredients

For the salad:

- 1 (15 ounce) can of chickpeas, rinsed and drained
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 green bell pepper, chopped
- 1/4 cup diced red onion
- 15 grape tomatoes, halved (about 1 cup halved grape tomatoes)
- 1/3 cup pitted Kalamata olives, chopped if desired
- 1 medium cucumber, sliced and quartered
- 4 ounces feta cheese, crumbled or cut into 1/2 inch cubes

For the dressing:

- 2 tablespoons olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- freshly ground salt and pepper, to taste

Instructions

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. Pour onto salad and toss again to well combine. Taste and add salt and pepper as you'd like.
3. Place in refrigerator for 1 hour to marinate, or serve immediately. Salad is best enjoyed within 2-3 days after making

Servings: **4 servings**

Serving size: **1 serving**

Calories: **279kcal**

Fat: **12.3g**

Carbohydrates: **33.5g**

Fiber: **4g**

Sugar: **12.4g**

Protein: **12.5g**

Recipe Variations: You can add chopped avocado, drained, canned albacore tuna, fresh herbs vs. dried, and/or lean grilled chicken breast to make a meal.