

Greek Cucumber & Chickpea Salad



This crisp and fresh salad is a delicious, filling side dish that requires no cooking – allowing you to stay cool as a cucumber during the heat of the summer months!

YIELD 5 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

For the Dressing – Yields $\frac{3}{4}$ cup:

2 each	Lemon, zested (one) and juiced (both)
$\frac{1}{2}$ cup	Extra Virgin Olive Oil
2 tsp	Dijon mustard
2 tsp	Honey
$\frac{1}{4}$ tsp	Garlic Powder
$\frac{1}{4}$ tsp	Red Pepper Flakes (optional)
$\frac{1}{8}$ tsp	Kosher Salt
To Taste	Black Pepper

For the Salad:

2 medium	Cucumber, medium dice
1 medium	Red Pepper, medium dice
$\frac{1}{4}$ small	Red Onion, thinly sliced (julienne)
1-15 oz. can	Chickpeas, canned, drained and rinsed
$\frac{1}{4}$ cup	Kalamata Olives, halved
$\frac{1}{4}$ cup	Feta Cheese, crumbled
2 Tbsp	Parsley, fresh, chopped

CHEF'S NOTES

Allowing the salad to marinate for at least 15 minutes will result in a more flavorful dish. You can use this recipe as a blueprint and swap in your favorite fresh vegetables, herbs, and cheese. This salad also keeps well for a few days in the refrigerator so you can enjoy it throughout the week. Store leftover dressing in the refrigerator to use in other salads for up to one week.

This dish can be served as a side with your protein of choice and also makes a great salad topper over lettuce. Try in a grain bowl with greens and quinoa or brown rice for a light but hearty, vegetarian meal.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a container or jar with a tight-fitting lid, combine the lemon zest and juice, parsley, olive oil, and spices. Seal the jar and shake to combine. Set aside.
3. Add the cucumber, pepper, onion, chickpeas, and olives to a large bowl. Add $\frac{1}{4}$ cup of the dressing and stir until well combined.
4. Add the cheese and parsley, and finish by gently mixing until evenly distributed.
5. Place in the refrigerator and allow to chill for at least 15 minutes or until ready to serve. Mix once more before serving.

Nutrition Facts

5 servings per container

Serving Size 1 1/2 cups (180 g)

Amount per serving

Calories 180

% Daily Value *

Total Fat 11g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 280mg 12%

Total Carbohydrate 15g 6%

Dietary Fiber 4g 14%

Total Sugars 5g

Contains less than 1g Added Sugars 1%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 0.83mg 5%

Potassium 200mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

