

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

1 each	Lemon, zested and juiced
2 Tbsp	Parsley, fresh, chopped
2 Tbsp	Extra Virgin Olive Oil
¼ tsp	Garlic Powder
¼ tsp	Red Pepper Flakes (optional)
⅛ tsp	Kosher Salt
As needed	Black Pepper
2 medium	Cucumber, medium dice
1 medium	Red Pepper, medium dice
¼ small	Red Onion, thinly sliced (julienne)
1 (15 oz.) can	Chickpeas, canned, drained and rinsed
¼ cup	Kalamata Olives, halved
¼ cup	Feta Cheese, crumbled

CHEF'S NOTES

Allowing the dish 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 dish can be served as a side with your protein of choice and also makes a great salad topper over lettuce or 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 large bowl, combine the lemon juice and zest, parsley, oil and spices. Mix the dressing well and set aside.
3. Add the cucumber, pepper, onion, chickpeas and olives to the bowl. Stir until well combined. Then add in the cheese, and finish by gently mixing until evenly distributed. 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 (179 g)

Amount per serving

Calories 160

% Daily Value *

Total Fat 9g 12%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 290mg 13%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

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.

