

Mediterranean Chickpea Salad

By Dustin Arnold

No-cook lunch built around chickpeas, cucumber, tomato, and a bright lemon-oregano dressing. Holds up well in a packed lunch.

vegetarian salad lunch no cook mediterranean

PREP	COOK	TOTAL	SERVINGS
15 min	—	15 min	4

Ingredients

- **2 cans** chickpeas (15 oz each) (drained and rinsed)
- **1** English cucumber (diced)
- **1 pint** cherry tomatoes (halved)
- **1/2** red onion (finely diced)
- **1** red bell pepper (diced)
- **1/2 cup** kalamata olives (pitted, halved)
- **1/2 cup** fresh flat-leaf parsley (chopped)
- **1/4 cup** fresh mint (chopped (optional but worth it))
- **4 oz** feta cheese (crumbled)
- **1/4 cup** extra virgin olive oil
- **3 tbsp** fresh lemon juice
- **1 clove** garlic (grated)
- **1 tsp** dried oregano
- sea salt and black pepper (to taste)

Instructions

1. In a large bowl, combine chickpeas, cucumber, tomatoes, red onion, bell pepper, olives, parsley, and mint.
2. In a small jar, whisk olive oil, lemon juice, grated garlic, oregano, 1/2 tsp salt, and several grinds of pepper. Taste — adjust salt and acid.
3. Pour the dressing over the salad and toss gently.
4. Top with the crumbled feta. Let sit 10 minutes before serving so the flavors meld.

****Storage:**** Holds for 3 days refrigerated. The salad actually improves on day two.