



Mediterranean Chickpea Salad



prep time
20 minutes



total time
20 minutes



servings
4

Ingredients

- 2 15-oz (900 grams total) cans chickpeas ~ 9.5 servings of protein, 7 servings of carb
- 2 large tomatoes, diced to ½” ~ 4 servings of veggies
- 4 persian cucumbers, diced to ½” ~ 2 servings of veggies
- 1 yellow bell peper, diced to ½” ~ 1 serving of veggies
- ½ medium red onion, diced to ½” ~ 1 serving of veggies
- ½ cup minced fresh parsley ~ ½ serving of veggies
- ½ cup minced fresh mint ~ ½ serving of veggies
- 2 tbsp extra virgin olive oil ~ 2 servings of fat
- 2 tbsp lemon juice
- ½ tsp pepper
- 1 tsp paprika
- ½ tsp sea or kosher salt

🌱 plant based
🥗 salads

Instructions

- 1 Drain the chickpeas, transfer to a strainer, then rinse under cool running water until the water runs clear from the strainer.
- 2 In a large bowl, combine the chickpeas with the lemon juice, olive oil, paprika, and salt. Stir to combine. Cover the bowl and transfer to the fridge. Marinate at least 15 minutes and up to an hour.
- 3 While the chickpeas marinate, dice the vegetables and chop the fresh herbs.
- 4 Add the tomatoes, cucumbers, bell pepper, onion, mint, and parsley to the marinated chickpeas and toss to combine. Taste for seasoning and add additional salt, pepper, or lemon juice if needed.
- 5 Serve immediately with fresh pita. If time permits, chill for 30 minutes, then serve.



Whole Recipe Breakdown:

Protein: 9.5 servings
Carb: 7 servings
(doesn't include pita)
Fat: 2 servings
Veggies: 9 servings