

CHICKPEA MEDITERRANEAN SALAD

Recipe by Sahar Anjum

Serves 6

INGREDIENTS

SALAD

- 2 cans chickpeas (15 oz)
- 1 medium red onion (chopped)
- 1 can Kalamata olives (chopped)
- Grape tomatoes (1 pint) (chopped)
- 1 large cucumber (chopped)
- 8 oz Feta cheese (crumbled)

DRESSING

- 1/2 garlic bulb
- 1/2 cup olive oil
- Juice of 1 lemon
- Salt to taste
- Pepper to taste



DIRECTIONS

SALAD

1. Drain water out of canned chickpeas and rinse them in colander (or in the can). Place them into a large bowl.
2. Chop red onion into small pieces and add to bowl.
3. Drain and rinse olives, chop them into bite size pieces, and add to bowl.
4. Rinse grape tomatoes, cut them in half, and add to bowl.
5. Rinse and chop cucumber into bite size pieces and add to bowl.
6. Crumble feta cheese on top of salad.

DRESSING

Using garlic press or a knife, chop or press garlic into small bowl. Add oil, lemon, salt and pepper and mix. Pour over salad.

Enjoy!

