



# Greek Chickpea Salad

4 Servings • 1 Serving =  $\frac{3}{4}$  Cup

## INGREDIENTS

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- $\frac{1}{4}$  cup pitted Kalamata olives, drained and rinsed
- $\frac{1}{4}$  cup parsley, chopped
- 1 Tablespoon dill, chopped
- Juice of  $\frac{1}{2}$  lemon
- 1 Tablespoon extra virgin olive oil
- $\frac{1}{4}$  cup feta cheese, crumbled

## DIRECTIONS

1. In a large bowl, combine the chickpeas, cherry tomatoes, cucumber, and olives.
2. Add the parsley, dill, and lemon juice.
3. Drizzle in olive oil and stir gently to combine.
4. Crumble feta on top.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 108mg	<b>8%</b>
Iron 2mg	<b>10%</b>
Potassium 383mg	<b>8%</b>

\*The % Daily Value 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.

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