



Greek Chickpea Salad

4 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 zucchini, diced
- ¼ cup pitted Kalamata olives, drained and rinsed
- ¼ cup parsley, chopped
- 1 Tablespoon dill, chopped
- Juice of ½ lemon
- 1 Tablespoon extra virgin olive oil
- ¼ cup feta cheese, crumbled

DIRECTIONS

1. In a large bowl, combine the chickpeas, cherry tomatoes, zucchini, 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	
Serving size	3/4 cup
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 330mg	14%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 2mg	10%
Potassium 348mg	8%

*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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