

# WEEKEND PASSPORT: GREEK

## CHICKPEA SALAD



Discover the unique flavors and cooking styles from around the world with our Weekend Passport recipes! These recipes are a great way to introduce your child to new ingredients and expand their taste palette.

### Exploring Mediterranean Cuisine:

- Mediterranean Cuisine is based on the traditional cuisines of the 21 countries bordering the Mediterranean Sea. Each country has its own culture, traditions, and special ingredients, but is unified by following a plant-based diet rich in locally grown fresh fruits and vegetables, beans and peas, nuts, and whole grain products. Meat is consumed in moderation and includes more fish and poultry than red meat.
- Greece, part of the Mediterranean region, has the longest coastline in Europe and is known for its thousands of islands across the Aegean Sea, Mediterranean Sea, and Ionian Sea.
- Ingredients common in Greek cooking include olive oil, lemons, herbs, tomatoes, feta cheese, lamb, olives, and seafood.



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## CHICKPEA SALAD



### Ingredients:

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

### Directions:

- In a large bowl, combine the chickpeas, cherry tomatoes, zucchini, and olives.
- Add the parsley, dill, and lemon juice.
- Drizzle in olive oil and stir to combine.
- Top with feta cheese before serving.

