Chickpea and Feta Salad

Feta cheese and chickpeas lend a Mediterranean flair to this satisfying side salad. Eat a double portion for a vegetarian lunch, using the chickpeas as your main source of protein.

Ingredients

- 1 can (15 oz.) chickpeas, rinsed
- 3 cups peeled, seeded diced cucumber
- 2 cups halved grape tomatoes (or cherry tomatoes)
- 1/4 cup crumbled reduced-fat feta cheese

- 1/4 cup diced red onion
- 2 T red wine vinegar

• 2 T olive oil

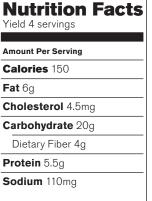
- **F** 11 1 . . .
- Freshly ground pepper to taste

Preparation

Place chickpeas, cucumber, tomatoes, cheese, onion, olive oil, vinegar and pepper in a medium bowl. Mix until coated.

Yield: 4 servings





Find more recipes and tips for healthy living at Source4Women.com



© 2011 United HealthCare Services, Inc. UHCEW486260-001