

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 olive oil
- 2 T red wine vinegar
- 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



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 150

Fat 6g

Cholesterol 4.5mg

Carbohydrate 20g

Dietary Fiber 4g

Protein 5.5g

Sodium 110mg

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