

Chickpea Salad Recipe

Prep Time: 10 minutes **Total Time:** 10 minutes

Chickpea Salad loaded with crisp cucumbers, juicy tomatoes, creamy avocado, feta cheese and chickpeas or garbanzo beans. Fresh, healthy and protein packed!

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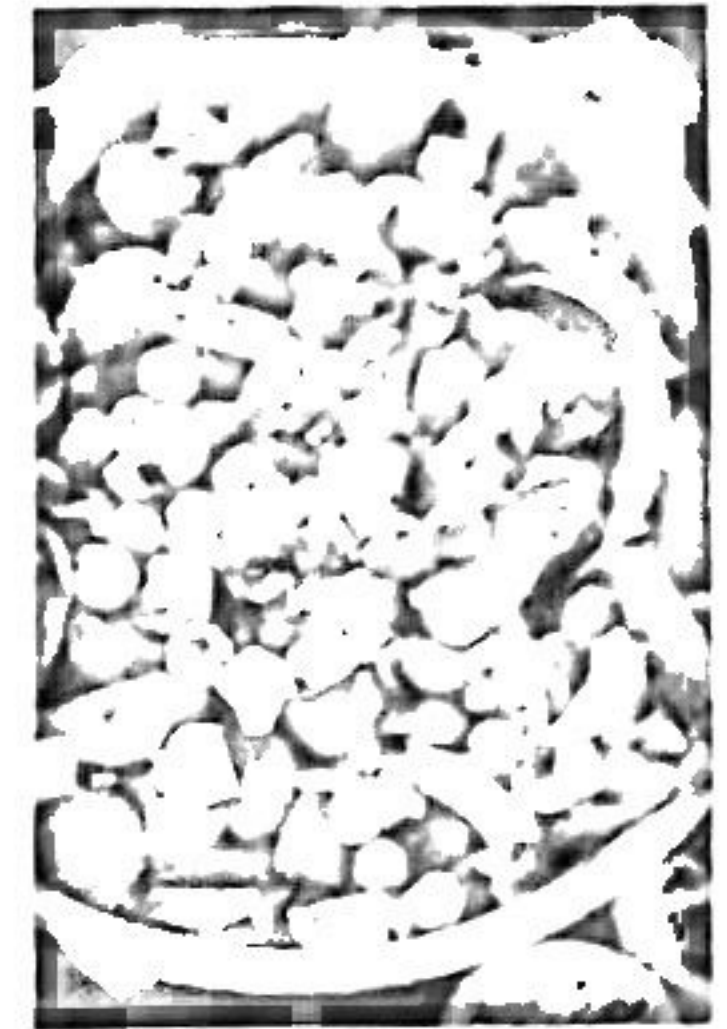
Course: Salad, Side Dish

Cuisine: American

Skill Level: Easy

Cost to Make: \$6-\$10

Servings: 6 as a side salad



Ingredients

- 3 Tbsp **extra virgin olive oil**
- 3 Tbsp **lemon juice**, from 1 large lemon
- 1 garlic clove, pressed or minced
- 1/2 tsp **sea salt**, or to taste
- 1/8 tsp black pepper
- 1 1/2 cups cherry tomatoes, halved
- 1 English Cucumber, halved and sliced
- 15 oz chickpeas, or garbanzo beans, drained, rinsed
- 1/2 medium red onion, thinly sliced
- 1 avocado, sliced
- 1/4 cup cilantro, chopped
- 4 oz feta cheese, diced

Instructions

1. Combine the dressing ingredients in a small bowl: 3 Tbsp olive oil, 3 Tbsp lemon juice, 1 pressed garlic clove, 1/2 tsp salt and 1/8 tsp pepper and whisk to combine (or shake them together in a small mason jar).
2. Combine remaining chickpea salad ingredients in a salad bowl, add dressing to taste (we used all of it) and toss to coat.

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