

Chickpea Salad with Cheese

Fresh Mediterranean chickpea salad with feta cheese, herbs, and vegetables. Protein-packed, gluten-free, and ready in 10 minutes. Perfect for lunch!

5 min

PREP

5 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 red onion
- 1 tomato
- 1 lemon
- 2 cup boiled chickpea
- 6 sprig mint
- 2 sprig red basil
- 3.5 oz feta cheese
- 3 tbsp olive oil
- 0 salt

Instructions

1 Prepare the dressing

Dice 1 red onion finely into small pieces. Place in a small bowl with 3 tablespoons olive oil, salt, and fresh lemon juice to taste. Mix well and set aside for 10 minutes to let the onion mellow.

2 Prepare the chickpeas

Drain and rinse 2 cups chickpeas thoroughly under cold water. Pat completely dry with a clean kitchen towel and transfer to a large mixing bowl.

3 Prepare the herbs

Remove leaves from 6 sprigs fresh mint and 2 sprigs fresh basil. Chop the herbs finely until you have about 2-3 tablespoons total chopped herbs.

4 **Add cheese and herbs**

Crumble 3.5 oz feta cheese into bite-sized pieces and add to the bowl with chickpeas. Add the chopped mint and basil.

5 **Add vegetables**

Cut 2-3 medium tomatoes into small wedges or 1/2-inch dice. Add to the salad bowl.

6 **Dress and serve**

Pour the prepared dressing over the salad and toss gently to combine, being careful not to crush the chickpeas or cheese. Taste and adjust seasoning with additional salt, pepper, or lemon juice as needed. Serve immediately or chill for 15-30 minutes to let flavors meld.

Tips

If using canned chickpeas, drain and rinse them thoroughly to remove excess sodium and improve the overall flavor of your salad.

Salt your diced tomatoes and let them drain in a colander for 15 minutes before adding to prevent the salad from becoming watery.

Cut all vegetables into uniform, bite-sized pieces for the best eating experience and visual appeal.

Use fresh lemon juice rather than bottled for the brightest, most authentic Mediterranean flavor.

Gently fold ingredients together to avoid mashing the chickpeas and crumbling the feta too much.

Taste and adjust seasoning before serving, as the saltiness of feta can vary between brands.

For maximum flavor, let the salad rest for 15-30 minutes before serving to allow the flavors to meld together.

Store leftover salad in the refrigerator and add fresh herbs just before serving to revive the flavors.