

# Mediterranean Chickpea Salad

**Servings:** 8 as a side dish, 4 as a main

**Total Time:** 15 minutes

## Ingredients

1/2 English cucumber, chopped  
1 tomato, chopped  
1 bell pepper, chopped (choose whichever color you like best raw)  
1 small shallot, minced  
1 (14 ounces) can chickpeas, drained and rinsed  
1/2 cup feta cheese, crumbled  
1 cup parsley leaves and stems, chopped  
1 cup mint leaves, chopped  
1 teaspoon Italian seasoning (or 1/2 teaspoon dried oregano, 1/4 teaspoon dried parsley, & 1/4 teaspoon dried basil)  
Zest & juice from 1 lemon  
2 tablespoons olive oil  
Kosher salt and freshly ground black pepper, to taste

*Make sure not to oversalt this because the feta is already pretty salty, and depending on the brand of canned chickpeas you use, they may be pretty salty as well. If you're worried about adding too much salt, leave out the salt entirely, make the dish and then taste it.*

## Directions

Once you have chopped all of your vegetables (cucumber, tomato, bell pepper, shallot), combine them in a large bowl with the chickpeas, feta, parsley, and mint.

Add in the Italian seasoning, salt, and pepper.

Add the lemon zest and juice and olive oil, toss to coat, and taste for seasoning.