

Side | Snack | Lunch

# Greek-Inspired Chickpea Salad

**10 Mins**  
Prep Time

**0 Mins**  
Cook Time

**4**  
Servings

**371** Calories **16g** Fat **39g** Carbs **11g** Protein



## Ingredients

**4** Servings **10 Mins** Total Time **Allergens: None**

2 (14 oz) Cans Chickpeas, **rinsed** and drained

1 Yellow Bell Pepper **washed** and diced

¼ Cup Kalamata Olives, halved or diced

⅓ Cup Cherry Tomatoes, **washed** and halved

1 Red Onion **rinsed** and diced

1 Tsp Dried Oregano

2 Cloves Garlic, minced

1 Lemon, **washed** and juiced

¼ Cup Extra Virgin Olive Oil, more if mixture is too dry

Salt and Pepper, to taste

### Nourishment Note



#### Chickpeas

Chickpeas are rich in both insoluble and soluble fiber, but the high insoluble fiber content helps with relieving constipation. Chickpeas are also a great source of folate, an important nutrient for cell growth



#### Bell Pepper

Most vegetable skins, such as those on a bell pepper, are a good source of insoluble fiber. Peppers also contain vitamin C important to immune health.



#### Cherry Tomatoes

The skin of vegetables is a good source of insoluble fiber. Tomatoes are also a great source of lycopene to help reduce the risk of heart disease and lower inflammation.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Combine Ingredients

In a large mixing bowl, add all ingredients. Mix to combine.

### 4. Refrigerate & Store

Refrigerate salad within two hours of preparing. Salad will keep, covered, in the refrigerator for 3 days.

### 5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

## What You'll Need



Measuring Cups



Cutting Board



Knife



Can Opener



Large Mixing Bowl

### Fatigue Buster

- Ask a friend or family member to prepare this dish.
- Use an electric can opener to open beans if a manual crank is too challenging.