Zesty Mediterranean Chickpea Salad

A fresh, protein-packed chickpea salad with crisp cucumbers, juicy tomatoes, olives, and vibrant parsley, all tossed in rich olive oil and zesty lemon juice.

Servings: 2 **Time:** 15 minutes

Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup kalamata olives, sliced
- 1/4 cup fresh parsley, chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1/4 tsp salt
- 1/4 tsp black pepper

Instructions

1. In a large bowl, combine chickpeas, diced cucumber, cherry tomatoes, sliced olives, and chopped parsley.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Pour the dressing over the salad and toss gently to combine.
4. Refrigerate for 10 minutes to let flavors meld before serving.

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