Plate Dream

Chickpea Feta Avocado Salad

Fresh chickpeas, tangy feta, and buttery avocado tossed with lemon-herb dressing for a wholesome,

15 min	15 min	4	Easy	Mediterranean	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 1 (15-oz) can chickpeas, drained and rinsed
- [ ] 1 cup feta cheese, crumbled
- [ ] 1 ripe avocado, sliced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cucumber, diced
- [ ] 1/4 cup red onion, thinly sliced

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste

Garnish

- [ ] 2 tbsp fresh parsley, chopped
- [ ] Optional: toasted pine nuts or sliced olives

Instructions

1. In a large bowl, combine the rinsed chickpeas, diced cucumber, cherry tomatoes, and red onion.
2. Whisk together olive oil, lemon juice, oregano, salt, and pepper; drizzle over the vegetable mixture and toss gently.
3. Add the sliced avocado and crumbled feta, folding carefully so the avocado stays intact.
4. Finish with a sprinkle of fresh parsley and optional pine nuts; serve immediately or chill for 10 minutes.

Nutrition per serving

320 kcal	12 g	26 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the avocado browns, add a splash more lemon juice.
- For extra crunch, toast the pine nuts lightly before adding.
- The salad tastes even better after a brief rest, allowing flavors to meld.