Plate Dream

Protein-Packed Chickpea Cucumber Feta Salad

Fresh chickpea cucumber feta salad, protein-packed and ready in minutes.

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

Ingredients

Main Ingredients

- [ ] 1 (15-oz) can chickpeas, drained and rinsed
- [ ] 1 large cucumber, diced
- [ ] 1/2 cup feta cheese, crumbled
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp fresh dill, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey (optional)
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Pat the rinsed chickpeas dry with a clean kitchen towel; this helps them stay crisp when dressed.
2. In a large bowl, whisk together olive oil, lemon juice, honey, salt, and pepper until emulsified.
3. Add the chickpeas to the bowl, tossing gently so they coat evenly with the dressing.
4. Stir in cucumber, red onion, and dill; finish with crumbled feta on top.
5. Let the salad rest for 5-10 minutes to allow flavors to meld, then serve.

Nutrition per serving

280 kcal	11 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a zestier flavor, add a pinch of sumac or smoked paprika.
- Ugh, I once added too much lemon; balance with an extra drizzle of olive oil.
- For a heartier version, toss in cooked quinoa or farro.