

Treasure Barrel

Chickpea Cucumber Feta Salad – Protein Packed Greek Delight

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

Ingredients

Salad

- [ ] 2 cups cooked chickpeas, drained and rinsed
- [ ] 1 large cucumber, seeded and sliced thin
- [ ] 1 cup crumbled feta cheese
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Juice of 1 lemon
- [ ] 1 tsp dried oregano
- [ ] Fresh dill or mint, chopped
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. In a large bowl, combine the chickpeas, cucumber slices, and red onion.
2. In a small cup, whisk together olive oil, lemon juice, oregano, salt, and pepper.
3. Pour the dressing over the salad, toss gently to coat all ingredients.
4. Fold in the crumbled feta and fresh herbs, giving a final light toss.
5. Taste and adjust seasoning, then serve immediately or let rest for 10 minutes.

Nutrition per serving

280 kcal	12 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumber releases water, sprinkle a pinch of salt and let sit for 5 minutes, then drain.
- For extra zing, add a splash of red wine vinegar.
- A drizzle of honey can balance extra acidity if desired.