Treasure Barrel

Chickpea Feta Avocado Salad

A quick, wholesome salad of chickpeas, creamy avocado, and tangy feta, dressed lightly for a bright,

10 min	10 min	4	Easy	Mediterranean	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 1 (15-oz) can chickpeas, drained and rinsed
- [ ] 2 ripe avocados, diced
- [ ] 3/4 cup crumbled feta cheese
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp fresh parsley, 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 diced avocados gently with a paper towel, then place them in a large mixing bowl.
2. Add the rinsed chickpeas, crumbled feta, sliced red onion, and chopped parsley to the bowl.
3. In a small cup, whisk together olive oil, lemon juice, honey (if using), salt, and pepper; drizzle over the salad.
4. Toss lightly, being careful not to mash the avocado, then serve immediately or chill for 10 minutes.

Nutrition per serving

380 kcal	12 g	28 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a zestier bite, add a pinch of sumac; it pairs nicely with a sumac potato salad side.
- For a heartier meal, serve alongside a greek pasta salad with feta cheese.
- A splash of white wine vinegar can brighten the flavors even more.