

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

GREEK CHICKPEA SALAD

MAKES 4 SERVINGS

INGREDIENTS

- 1 can (15 ounce) chickpeas, drained and rinsed
- 1/2 cucumber, diced
- 1/2 box grape tomatoes, quartered
- 1/2 red onion, diced
- 1/2 cup feta cheese
- 1/2 cup plain low-fat Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil
- 1/4 teaspoon dried oregano
- 1/4 cup fresh Italian parsley, chopped
- Salt and pepper to taste

DIRECTIONS

1. In a large bowl, combine the drained chickpeas, cucumber, tomatoes, onion and feta
2. In a separate bowl, whisk together the yogurt, lemon juice, olive oil, oregano, parsley, salt, and pepper
3. Combine the dressing with the chickpeas and vegetables and chill for at least 30 minutes
4. Garnish with remaining lemon wedges, feta, and a sprinkle of parsley

*Salad will keep in a sealed container in the refrigerator for 3-4 days

NUTRITION BREAKDOWN

CALORIES

180

CARBS

21 GRAMS

PROTEIN

10 GRAMS

FAT

7 GRAMS

FIBER

6 GRAMS

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>