Zucchini Bread Recipes

Chickpea Feta Avocado Salad

Fresh chickpeas, feta, and avocado tossed in a lemon-herb vinaigrette.

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

Ingredients

Main Ingredients

- [ ] 1 can (15 oz) chickpeas, drained and rinsed
- [ ] 1 ripe avocado, diced
- [ ] 3/4 cup feta cheese, crumbled
- [ ] 1 cup cherry tomatoes, halved
- [ ] 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 lemon zest
- [ ] 1 clove garlic, minced
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. In a small bowl, whisk together olive oil, lemon juice, lemon zest, minced garlic, salt, and pepper; let it rest while you prep the veggies.



2. Place chickpeas, diced avocado, cherry tomatoes, red onion, and parsley in a large mixing bowl.



3. Pour the vinaigrette over the salad, gently tossing to coat everything without mashing the avocado.



4. Top with crumbled feta, give a final light toss, and serve immediately or chill for a cooler bite.



Nutrition per serving

320 kcal	10 g	22 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits too long, add a splash more olive oil to revive the dressing.
- A pinch of red pepper flakes adds a subtle heat without overwhelming the flavors.
- For extra crunch, sprinkle toasted pine nuts just before serving.