

Zucchini Bread Recipes

Protein-Packed Chickpea Cucumber Feta Salad

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

Ingredients

Salad

- [ ] 1 can (15 oz) chickpeas, rinsed and drained
- [ ] 1 large cucumber, diced
- [ ] 1/2 cup crumbled feta cheese
- [ ] 1/4 red onion, thinly sliced
- [ ] 2 tbsp fresh dill or oregano, chopped
- [ ] Salt and freshly ground black pepper to taste

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey (optional)
- [ ] 1 clove garlic, minced
- [ ] Pinch of sea salt

Instructions

1. In a large bowl, combine the chickpeas, cucumber, red onion, and fresh herbs.



2. In a small jug, whisk together olive oil, lemon juice, minced garlic, honey, and a pinch of salt until emulsified.



3. Pour the dressing over the salad, toss gently to coat all ingredients evenly.



4. Sprinkle crumbled feta on top, add a final crack of black pepper, and serve immediately or chill briefly.



Nutrition per serving

280 kcal	10 g	24 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the chickpeas dry before mixing to avoid excess moisture.
- If you prefer a milder onion, soak the slices in cold water for 5 minutes.
- Adjust lemon juice to taste; a little extra can brighten the entire bowl.