

Greek Chickpea Chicken Salad

Mediterranean

A lighter, high-protein Greek-style chickpea salad with reduced olive oil, feta, and added grilled chicken.

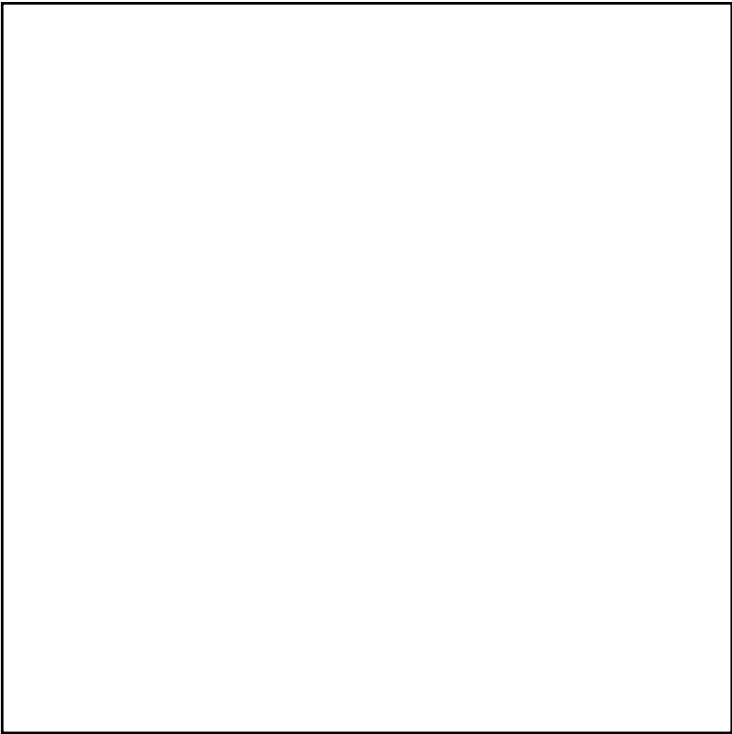
Ingredients:

Salad:

- * 1 can chickpeas (drained and rinsed)
- * 8 oz grilled chicken breast (cooked and chopped)
- * 1/2 cup cherry tomatoes (sliced)
- * 1/2 cup cucumber (diced)
- * 1/4 cup kalamata olives (sliced)
- * 1/4 cup red onion (chopped)
- * 1/4 cup feta crumbles
- * 1/4 cup fresh parsley (chopped)

Vinaigrette:

- * 2 tbsp extra virgin olive oil
- * 2 tbsp red wine vinegar
- * 1/4 cup fresh lemon juice
- * 1 tbsp dried oregano
- * 1 tsp salt (adjust to taste)
- * 1/2 tsp black pepper
- * 1/2 tsp minced garlic



Instructions:

1. Add chickpeas, chicken, tomatoes, cucumber, olives, red onion, feta, and parsley to a large bowl.
2. Add olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, and garlic to a small mason jar.
3. Tightly close the lid and shake well until combined.
4. Pour the vinaigrette over the salad and toss well to combine.
5. Serve immediately or chill before serving.

Notes:

Reduced olive oil and feta keep the calories under control while added chicken makes this much better for a high-protein weight-loss meal.

Servings: 4 | Serving size: 1 bowl | Calories: 275 | Protein: 23g