

Greek Quinoa Chickpea Salad with Cucumbers, Tomatoes, Feta & Herbs



Servings: 8

30 minutes

INGREDIENTS

- 1 cup dry quinoa, cooked and cooled
- 1 (15-oz) can chickpeas, drained and rinsed
- 4-5 small cucumbers, sliced
- 1 pint cherry tomatoes, halved
- ½ medium red onion, thinly sliced
- ½ cup Kalamata olives, pitted and halved
- ½ cup crumbled feta cheese
- ¼ cup fresh parsley, finely chopped
- 2 tablespoons fresh dill, finely chopped

Homemade Greek Dressing

Double batch recipe:

- ½ cup extra-virgin olive oil
- 6 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 2 small garlic cloves, finely minced
- 2 teaspoons dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS

1. Make the Greek dressing: In a small bowl or jar, whisk together the olive oil, red wine vinegar, Dijon mustard, minced garlic, dried oregano, salt, and black pepper until fully combined. Set aside.
2. Cook the quinoa according to package instructions and let cool completely. *Note: If using a rice cooker, use 1 cup dry quinoa to 1¾ cups water ratio.
3. In a large bowl, combine the cooked quinoa, chickpeas, cucumbers, cherry tomatoes, red onion, and Kalamata olives.
4. Add the feta, parsley, and dill.
5. Pour the prepared Greek dressing over the salad and gently toss until evenly coated.
6. Chill for 15–20 minutes before serving for best flavor, or serve immediately.

Storage

- Store in an airtight container in the refrigerator for up to 3 days.
- This salad holds up well and tastes even better as the flavors meld.
- For meal prep, add extra feta and herbs just before serving to freshen it up.

NOTE: This recipe makes a large bowl of salad - enough to feed a family for dinner with leftovers - which is why a double batch of Greek dressing is included.

Nutrition per serving (approximate): Calories: 380 Protein: 11g Fat: 20g Carbohydrates: 38g Fiber 7g