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Description

Mediterranean Chickpea Cucumber and Feta Salad is a refreshing, colorful dish packed with crunchy cucumbers, juicy tomatoes, creamy feta cheese, protein-rich chickpeas, and crisp red onions. A simple lemon-olive oil dressing brings all the ingredients together with a bright, tangy flavor.

This easy Mediterranean salad is perfect for meal prep, quick lunches, picnics, and healthy dinners. Chickpeas and feta provide satisfying protein, fiber, and essential nutrients, making this a nourishing choice for a balanced, high-protein-inspired lifestyle.

Although chickpeas contain carbohydrates, this salad can fit into a moderately low-carb eating plan when enjoyed in suitable portions.

Can This Mediterranean Chickpea Cucumber and Feta Salad Support Weight Loss Goals?

Yes, this salad can support weight-management goals when included in a balanced eating pattern and portion sizes that suit your energy needs.

- **Protein for satisfaction:** Chickpeas and feta cheese contribute protein, which helps make meals more satisfying.
- **Fiber for fullness:** Chickpeas and fresh vegetables provide fiber that supports digestive health and helps you feel comfortably full.
- **Nutrient-rich ingredients:** Cucumbers, tomatoes, herbs, and lemon juice add freshness and nutrients without requiring a heavy dressing.
- **Healthy fats:** Olive oil provides unsaturated fats, although measuring it helps keep the calorie content manageable.
- **Easy portion control:** Preparing individual servings makes it easier to manage portions and plan balanced meals.

Weight loss depends on overall energy intake, activity, and other individual factors; this salad alone does not guarantee weight loss.

Does Mediterranean Chickpea Cucumber and Feta Salad Fit a High-Protein Lifestyle?

This salad provides plant-based protein from chickpeas and additional protein from feta cheese.

Cucumbers, tomatoes, red onions, and parsley add freshness, fiber, and valuable micronutrients.

Chickpeas also contain carbohydrates, so the recipe is not naturally very low in net carbs.

For a higher-protein meal, serve it with grilled chicken, tuna, or baked tofu.

For lower-carb preferences, reduce the chickpea portion and increase the cucumber and other non-starchy vegetables.

My Personal Experience

- **Fresh and satisfying:** The crunchy cucumber and juicy tomatoes create a refreshing base, while chickpeas add a hearty bite that makes the salad more filling.
- **A bright Mediterranean flavor:** Lemon juice, olive oil, parsley, and feta combine to create a tangy, savory dressing that complements every ingredient.
- **Great for meal preparation:** Dividing the salad into individual containers makes weekday

lunches convenient, especially when the dressing is stored separately.

- Easy to customize: Adding grilled chicken or extra feta can increase the protein content without losing the salad's Mediterranean character.

These points describe the recipe's expected qualities rather than personal testing or firsthand experience.

Perfect For

- High-protein meals: Pair with grilled chicken, tuna, or tofu for a more protein-rich lunch or dinner.
- Low-carb recipes: Enjoy a smaller portion of chickpeas with extra cucumber, tomatoes, herbs, and feta.
- High-protein snacks: Serve a small portion with a boiled egg or a side of cottage cheese.
- Healthy lunches: Pack individual portions for a fresh, convenient midday meal.
- Meal prep: Prepare several servings for the week, keeping the dressing separate for better texture.
- Summer gatherings: Serve chilled at picnics, barbecues, and outdoor lunches.
- Vegetarian meals: Enjoy as a satisfying meat-free side or combine with another vegetarian protein.
- Mediterranean-inspired menus: Pair with grilled fish, roasted vegetables, hummus, or whole-grain pita.

Keto note: Traditional chickpea portions may be too high in carbohydrates for strict keto diets. Reduce the chickpeas substantially or choose a suitable lower-carb alternative if needed.

Why You'll Love This Recipe

- Fresh, crisp, and colorful: Cool cucumber, ripe tomatoes, and purple onion create a vibrant salad with plenty of crunch and freshness.
- Creamy and tangy: Salty feta balances the bright lemon dressing and earthy chickpeas for a delicious Mediterranean-inspired flavor.
- Naturally vegetarian: Chickpeas and feta make this a satisfying meat-free dish that fits many balanced eating patterns.
- Simple ingredients: Everyday vegetables, canned chickpeas, olive oil, and lemon juice come together without complicated cooking.
- Easy to prepare: The salad takes about 15 minutes to assemble and requires no stovetop

cooking when using canned chickpeas.

- Flexible for different diets: Adjust the chickpea quantity, add a lean protein, or change the herbs to suit your preferences.

Common Mistakes to Avoid

1. Using wet chickpeas: Excess water dilutes the dressing and makes the salad watery; drain and rinse canned chickpeas, then pat them dry.
2. Overdressing the salad: Too much olive oil or lemon juice can overpower the vegetables; begin with the measured dressing and adjust gradually.
3. Adding feta too early when meal-prepping: Extended contact with the dressing can soften the cheese and vegetables; add the feta closer to serving if you prefer distinct textures.
4. Skipping seasoning: Chickpeas can taste bland without enough flavor; season with black pepper, herbs, and lemon, tasting before adding extra salt because feta is already salty.

Required Equipment

- Large mixing bowl — Provides room to toss the ingredients evenly without crushing the vegetables.
- Colander — Drains and rinses canned chickpeas thoroughly.
- Sharp chef's knife — Makes clean, even cuts for cucumber, tomatoes, and red onion.
- Cutting board — Offers a stable, hygienic surface for preparing the vegetables.
- Small bowl or jar with a lid — Makes it easy to whisk or shake the lemon dressing.
- Measuring spoons and cups — Help maintain consistent portions and dressing quantities.
- Salad tongs or a large spoon — Gently distributes the dressing without breaking up the feta.

Storage Instructions

- Refrigerator: Store the salad in an airtight glass or food-safe plastic container at 40°F (4°C) or below for up to 3 days for the best quality.
- Keep dressing separate: If preparing the salad ahead, store the lemon-olive oil dressing in a small sealed jar and add it shortly before serving.
- Meal-prep tip: For the best crunch, store chopped cucumber and tomatoes separately from the chickpeas, onion, and feta, then combine when ready to eat.
- Freezer: Freezing is not recommended because cucumber and tomatoes release water and become soft after thawing, while feta may change texture.

- Serving leftovers: Stir gently and add a fresh squeeze of lemon or a little parsley to revive the flavor.
- Food safety: Refrigerate promptly, ideally within 2 hours of preparation, and discard the salad if it has been left at room temperature too long or shows signs of spoilage.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 0 minutes
- Total Time: 15 minutes
- Servings: 4
- Best Season for This Recipe: All-season, especially spring and summer
- Total Calories Per Serving: Approximately 300 calories, depending on ingredient brands and quantities

Short 3-Line Description

This Mediterranean Chickpea Cucumber and Feta Salad combines crisp vegetables, hearty chickpeas, creamy feta, and fresh herbs.

A simple lemon-olive oil dressing adds a bright, tangy finish to every bite.

Serve it as a refreshing vegetarian lunch, a meal-prep favorite, or a colorful side dish.

□ Ingredients

For the Salad

- 1 can (15 ounces / 425 g) chickpeas, drained and rinsed
- 1 medium English cucumber (about 2 cups), diced
- 1 cup cherry tomatoes, halved or quartered
- ¼ medium red onion, thinly sliced
- ½ cup crumbled feta cheese
- ¼ cup fresh parsley, finely chopped

For the Dressing

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice

- 1 teaspoon dried oregano
- 1 small garlic clove, minced (about ½ teaspoon)
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt, or to taste

Ingredient Notes

- Chickpeas: One 15-ounce can typically provides about 1½ cups of drained chickpeas; drain and rinse to remove excess canning liquid.
- Cucumber: English cucumber has fewer seeds and a thinner skin, but regular cucumber works too.
- Feta: Choose cow's milk, sheep's milk, or a preferred feta variety; sodium and protein content vary by brand.
- Lemon juice: Freshly squeezed lemon gives the dressing a brighter flavor than bottled juice.
- Olive oil: Measure carefully because it adds flavor and unsaturated fats but also contributes calories.

Directions

1. Prepare the chickpeas. Open the can, pour the chickpeas into a colander, and rinse under cool running water for 20–30 seconds. Drain thoroughly and pat dry with a clean towel. No heating is required.
2. Chop the vegetables. Dice the cucumber into bite-sized pieces, halve or quarter the cherry tomatoes, and thinly slice the red onion. Finely chop the parsley. Aim for evenly sized pieces so every serving contains a balanced mix of ingredients.
3. Make the dressing. In a small bowl, whisk together the olive oil, lemon juice, oregano, minced garlic, black pepper, and salt for about 30 seconds, until the mixture looks evenly combined. Alternatively, shake everything in a sealed jar.
4. Combine the salad. Add the chickpeas, cucumber, tomatoes, red onion, and parsley to a large bowl. Pour the dressing over the ingredients and toss gently for 30–60 seconds, making sure the chickpeas and vegetables are lightly coated.
5. Add the feta. Sprinkle in the crumbled feta and fold it through gently for about 15 seconds. Avoid vigorous mixing, which can break the feta into a paste.
6. Taste and adjust. Check the balance of lemon, salt, and pepper. Add another teaspoon of lemon juice if you want more brightness, or a little extra parsley for a fresher flavor.
7. Serve or chill. Serve immediately for maximum crunch, or refrigerate for 10–15 minutes to let the flavors mingle. The vegetables should remain crisp, the chickpeas tender, and

the feta in visible crumbles.

High-Protein Cooking Tips

- Add 3–4 ounces of cooked grilled chicken per serving if you want a substantially higher-protein main meal.
- For a vegetarian boost, serve with baked tofu or add a modest amount of extra feta.
- Measure olive oil rather than pouring freely to keep the calories consistent.
- If reducing carbohydrates, use fewer chickpeas and more cucumber, herbs, and leafy greens.

Nutrition Facts (Per Serving – Approximate)

Estimates assume four servings and the ingredient quantities listed above. Actual values vary by product, feta type, and serving size.

- Calories: 300 kcal
- Fat: 15 g
- Cholesterol: 17 mg
- Sodium: 500 mg
- Potassium: 450 mg
- Total Carbohydrates: 32 g
- Fiber: 8 g
- Net Carbs: 24 g
- Sugars: 7 g
- Protein: 11 g
- Calcium: 160 mg

Net carbohydrates are calculated as total carbohydrates minus fiber. These values are estimates rather than laboratory-tested nutrition data.

Notes

- Storage: Refrigerate leftovers in an airtight container and use within 3 days for best quality.
- Reheating: This salad is designed to be served cold or at room temperature; reheating is unnecessary and can soften the vegetables.

- Allergy notes: Contains dairy from feta. Check labels for possible allergens and cross-contact, especially if using packaged chickpeas or seasoning blends.
- Flavor boosts: Add chopped Kalamata olives, fresh mint, dill, extra lemon zest, or a pinch of red pepper flakes.
- More protein: Add grilled chicken, canned tuna, or baked tofu, adjusting the nutrition estimate accordingly.
- Lower-carb adjustment: Reduce the chickpeas and add more cucumber, greens, and herbs; remember that even small portions of chickpeas contribute carbohydrates.
- Serving idea: Pair with grilled fish, chicken skewers, or roasted vegetables for a balanced Mediterranean-style meal.

Frequently Asked Questions

1. Can I make Mediterranean chickpea salad ahead of time?

Yes, prepare it up to a day ahead and keep the dressing separate until serving for the freshest texture.

2. Are canned chickpeas suitable for this recipe?

Yes, canned chickpeas are convenient and work well when drained and rinsed thoroughly.

3. Is this salad high in protein?

It provides approximately 11 grams of protein per serving, and adding chicken, tuna, or tofu can increase the amount.

4. Is Mediterranean chickpea salad low in carbs?

Not particularly, because chickpeas contain carbohydrates, but you can reduce the portion and add more non-starchy vegetables to lower the net carbs per serving.

5. Can I make this salad without feta cheese?

Yes, omit the feta for a dairy-free version or replace it with a suitable dairy-free alternative, noting that the protein and sodium content will change.

6. Can I freeze Mediterranean chickpea cucumber and feta salad?

Freezing is not recommended because the cucumber and tomatoes become watery and lose their crisp texture after thawing.