

Foodnity Recipes

Chickpea Feta Avocado Salad

15 min	15 min	4
Prep time	Total time	Servings
Easy	**Mediterranean**	
Difficulty	Cuisine	

Ingredients

Main Ingredients

- [ ] 1 (15-oz) can chickpeas, drained and rinsed
- [ ] 200 g feta cheese, crumbled
- [ ] 1 ripe avocado, diced
- [ ] 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 tsp honey (optional)
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. In a large bowl, combine the chickpeas, crumbled feta, cherry tomatoes, red onion, and parsley.
2. In a small jar, whisk together olive oil, lemon juice, lemon zest, honey (if using), salt, and pepper until emulsified.
3. Drizzle the dressing over the salad and toss gently, being careful not to mash the avocado.
4. Add the diced avocado last, folding it in just enough to coat with the vinaigrette.
5. Taste and adjust seasoning; serve immediately or chill for 10-15 minutes.

Nutrition per serving

350 kcal	12 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a little heat, sprinkle a pinch of red pepper flakes into the dressing.
- For extra crunch, toss in toasted pumpkin seeds just before serving.
- The salad shines brighter after a short rest; the flavors have time to mingle.