**Mediterranean Chickpea Salad**

Pause

Thanks to the chickpeas, this salad will keep you full for hours. It's satisfying in a way that leafy greens never could be.

**INGREDIENTS**

**FOR THE SALAD**

2 (15-oz.) can chickpeas, drained and rinsed

1 medium cucumber, chopped

1 bell pepper, chopped

1/2 red onion, thinly sliced

1/2 c. chopped kalamata olives

1/2 c. crumbled feta

Kosher salt

Freshly ground black pepper

**FOR THE LEMON-PARSLEY VINAIGRETTE**

1/2 c. extra-virgin olive oil

1/4 c. white wine vinegar

1 tbsp. lemon juice

1 tbsp. freshly chopped parsley

1/4 tsp. red pepper flakes

Kosher salt

Freshly ground black pepper

**DIRECTIONS**

* Make salad: In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives, and feta. Season with salt and pepper.
* Make vinaigrette: In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley, and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.
* Dress salad with vinaigrette and serve.

