

chicken and chickpea salad

Serves 4

RECIPE FROM: [Slimming Violet](#)

PREP TIME: 10 minutes

- 2 cups cooked, shredded chicken
 - 1 can (15 oz) chickpeas, rinsed and drained
 - 1 cup cherry tomatoes, halved
 - 1 red bell pepper, diced
 - 1 cucumber, diced
 - ½ cup fresh parsley, chopped
 - ¼ red onion, finely chopped (optional)
 - ¼ cup feta cheese, crumbled (optional)
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FOR THE DRESSING

- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper

WHISK together olive oil, lemon juice, Dijon mustard, garlic, oregano, salt, and black pepper in a small bowl until well combined.

COMBINE shredded chicken, chickpeas, cherry tomatoes, bell pepper, cucumber, red onion, and parsley in a large bowl.

POUR the dressing over the salad and toss to coat everything evenly. If using, sprinkle in crumbled feta.

ENJOY right away or let it chill in the fridge for 15-30 minutes for even better flavor!

