

Antipasto Chickpea Salad



Prep time
20 minutes



Cook time
0 minutes



Servings
4 helpings

Ingredients

This colorful salad packed with protein is perfect for picnics, cookouts, and meal prep. Add in other vegetables you love!

For the Salad

- 1 can chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- ½ red onion, sliced
- ½ cup roasted red peppers, sliced
- ½ cup black olives, halved
- 4 oz. cheese, diced (mozzarella, provolone, or feta work great!)
- 2 oz grilled chicken, diced (optional)

For the Dressing

- 3 tablespoons oil
- 2 tablespoons red wine vinegar
- 1 teaspoon Italian seasoning
- 1 pinch salt
- 1 pinch pepper

Equipment

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Colander (optional)
- Large bowl (for serving)
- Small bowl (for mixing)
- Whisk (or fork)

Instructions

Step 1: Get ready

- Wash hands with soap and water.
- Drain and rinse the chickpeas.
- Rinse the cucumbers, onion, and cherry tomatoes under running water.

Step 2: Prep the Ingredients

- Cut the cherry tomatoes in half.
- Peel the red onion and cut it into thin slices.
- Slice the roasted red peppers into strips.
- Cut the black olives in half.
- Cut the cheese into small cubes.
- Cut the turkey pepperoni or chicken into small cubes or slices.

Step 2: Combine the Ingredients

- In a large serving bowl, combine the chickpeas, cucumbers, tomatoes, roasted red peppers, olives, onion, cheese, and chicken (if using).

Step 3: Make the Dressing

- In a small bowl, whisk together (or stir quickly with a fork) the oil, vinegar, Italian seasoning, salt, and pepper until well combined.

Step 4: Dress the Salad

- Pour the dressing over the salad and mix everything together gently.

Step 5: Refrigerate

- Refrigerate the salad for 20-30 minutes before serving to allow the flavors to meld. It can be served immediately if needed.

Step 6: Toss and Serve

- Toss once more before serving.

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Grocery List

Produce

- 1 container cherry tomatoes
- 1 large cucumber
- 1 red onion

Pantry

- 1 15-ounce can chickpeas
- 1 4-ounce jar roasted red peppers
- 1 4-ounce jar black olives

Meat (optional)

- 2 grilled chicken breasts

Oil, Spices, Vinegar

- Oil (olive, vegetable, or canola)
- Red wine vinegar
- Italian seasoning
- Salt
- Pepper

Dairy

- 1 package feta cheese OR
- 1 8-ounce block of mozzarella cheese OR
- 1 8-ounce block of provolone cheese