



Lettuce-Free Mediterranean Salad



Serves: 6



Prep Time: 5 min



Cook Time: 7 min



Recipe Type:
Heart-Healthy



Nutrient Analysis: 245 calories, 4.9g fat, 30.9g carbohydrates, 24.4g protein, 2.4g, sugar, 25mg sodium.

This healthy Lettuce-Free Mediterranean Salad is great for lunch or as a side dish! With the help of chickpeas, you'll stay full for hours after enjoying.

Ingredients

- 1 avocado
- ½ lime or lemon
- 1 (19-ounce) can chickpeas (or substitute white beans), drained and rinsed
- ¼ red onion, sliced
- 2 cups grape tomatoes, sliced
- 2 cups cucumber, sliced and quartered
- ½ cup fresh parsley, chopped finely
- ¾ cup green bell pepper, diced
- ¼ cup olive oil
- 2 tbsp red wine vinegar
- ½ tsp oregano
- ½ tsp fresh dill

Instructions



1. Cut avocado into cubes and put them in a bowl.



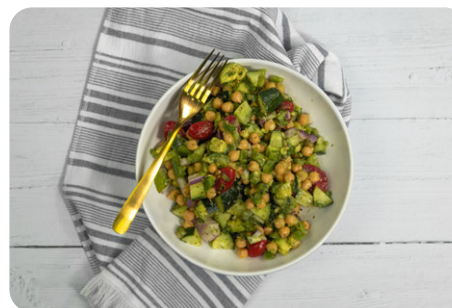
2. Squeeze lime juice over the avocado and stir gently.



3. Add chickpeas, red onion, grape tomatoes, cucumber, fresh parsley, bell pepper, as well as the olive oil, red wine vinegar, oregano, and fresh dill.



4. Gently toss to combine.



5. Refrigerate it for an hour before serving.

