

Mediterranean Chickpea Salad

From the Kitchen of Matt Elam, Membership Associate

This recipe is a refreshing alternative (or addition!) to a traditional potato salad at your summer cookout - full of fresh seasonal vegetables and herbs, and easy to make in advance or on short notice, it's sure to become a staple for your warm weather gatherings. Can be enjoyed on its own, with crackers, or alongside your favorite BBQ!

Ingredients

- 2 cans garbanzo beans, drained and rinsed
- 1 large cucumber, diced
- 1 10oz container grape tomatoes, halved
- 1/2 cup red onion, diced
- 2 tablespoons fresh dill, finely chopped
- 1 tablespoon fresh parsley, finely chopped
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 8oz plain Greek yogurt
- Salt and pepper

Directions

1. Pat garbanzo beans dry after rinsing to remove excess water and place them in a large bowl
2. Use a fork to mash roughly a quarter of the garbanzo beans
3. Add cucumber, tomatoes, and onion. Stir.
4. In a separate bowl, mix dill, parsley, lemon juice, garlic, and Greek yogurt. Season with salt and pepper to taste.
5. Combine yogurt dressing and vegetables and serve.

