MEDITERRANEAN · LUNCH · DINNER

Creamy Mediterranean Chickpea Salad

10 min · Serves 4 · 258 kcal a serve · Video 5:34 · Spain on a Fork

Vegetarian · Gluten-free ingredients · No nuts listed

About 9 g fibre and 13 g protein a serve, rich in folate and vitamin C and a good source of iron: chickpeas and crunchy vegetables in a light low-fat Greek yogurt and Dijon dressing instead of mayonnaise. For DASH, keep added salt to a pinch a serve, as the olives bring their own.

Diet notes: Low saturated fat (1.3 g, 5% of the energy); DASH-friendly with less salt: up to a pinch a serve.

Scan for the video, full nutrition and more free recipes

Ingredients 14 · SERVES 4

- [ ] 125 g **low-fat plain Greek yogurt**
- [ ] 1 tsp **Dijon mustard**
- [ ] 2 **garlic** cloves, finely grated
- [ ] ½ tsp **dried oregano**
- [ ] 2 tsp (10 ml) **lemon juice**
- [ ] 1 tbsp (15 ml) extra **virgin olive oil**
- [ ] 1 jar (700 g) cooked **chickpeas**, drained and rinsed
- [ ] 40 g diced **red onion**
- [ ] 75 g diced **English cucumber**
- [ ] 75 g diced **red bell pepper**
- [ ] 75 g **cherry tomatoes**, halved
- [ ] 45 g sliced **black olives**
- [ ] 2 tbsp chopped **chives**
- [ ] **Salt**: sea salt and plenty of black pepper, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. In a large bowl, whisk the yogurt, Dijon, grated garlic, oregano and lemon juice with salt and plenty of black pepper. 0:57
2. Slowly whisk in the olive oil until smooth. 1:56
3. Drain and rinse the chickpeas, shake off the water and add them to the dressing. 2:10
4. Chop the red onion, cucumber and bell pepper, slice the olives and halve the cherry tomatoes, then add them all to the bowl. 2:44
5. Add the chives, season and fold gently so the chickpeas don't break. Serve at room temperature or chilled; it keeps 3–4 days in the fridge. 3:18

> **Tip** Use a plant-based yogurt to make it vegan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
258 kcal 1,080 kJ	13 g 27% of a day	35 g 26 g net · 8.3 g sugars 13% of a day

FIBRE	FAT	SODIUM
9.4 g 34% of a day	8.1 g 1.3 g saturated 10% of a day	720 mg 31% of a day

Energy from net carbs 45% · protein 23% · fat 32%

High in (20%+ of a day) Folate 50% · Vitamin C 35% · Iron 21%

Source of (10–19%) Zinc 18% · Vitamin B6 16% · Selenium 16% · Magnesium 15% · Vitamin K 13% · Vitamin E 12% · Potassium 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=aCk5hlPVnz8. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-mediterranean-chickpea-salad-yogurt