

Side | Snack | Lunch

# Greek-Inspired Chickpea Salad

Side Effect: Constipation

**10 Mins**  
Prep Time

**0 Mins**  
Cook Time


**4**  
Servings


 **371** Calories **16g** Fat **39g** Carbs **11g** Protein



## Ingredients

 **4** Servings  **10 Mins** Total Time  **Allergens: None**

**2 (14 oz) Cans Chickpeas, rinsed and drained** 

**1 Yellow Bell Pepper, washed and diced** 

**¼ Cup Kalamata Olives, halved or diced**

**½ Cup Cherry Tomatoes, washed and halved** 

**1 Red Onion, rinsed and diced**

**1 Tsp Dried Oregano**

**2 Cloves Garlic, minced**

**1 Tsp Red Pepper Flakes**

**1 Lemon, washed and juiced**

**¼ Cup Extra Virgin Olive Oil, more if mixture is too dry**

**Salt and Pepper, to taste**

### Nourishment Note



#### **Chickpeas**

Chickpeas are rich in both insoluble and soluble fiber, but the high insoluble fiber content helps with relieving constipation. Chickpeas are also a great source of folate, an important nutrient for cell growth.



#### **Bell Pepper**

Most vegetable skins, such as those on a bell pepper, are a good source of insoluble fiber. Peppers also contain vitamin C important to immune health.



#### **Cherry Tomatoes**

The skin of vegetables is a good source of insoluble fiber. Tomatoes are also a great source of lycopene to help reduce the risk of heart disease and lower inflammation.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Combine Ingredients

In a large mixing bowl, add all ingredients. Mix to combine.

### 4. Refrigerate & Store

Refrigerate salad within 2 hours of preparing. Salad will keep, covered, in the refrigerator for 3 days.

### 1. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [cookieandkate.com](https://www.cookieandkate.com)

## What You'll Need



Measuring Cups



Cutting Board



Knife



Can Opener



Large Mixing Bowl



Spoon

### Fatigue Buster

- Ask a friend or family member to prepare this dish.
- Use an electric can opener to open beans if a manual crank is too challenging.