



# Mini Mediterranean Chickpea Salad Cups

Prep Time: 20 minutes  
Bake Time: 0 minutes  
Yield: 60 cups, 1 small cup

## INGREDIENTS

**6 cans low-sodium chickpeas, rinsed and drained**  
**2 cups diced cucumber**  
**2 cups diced cherry tomatoes**  
**1 cup finely minced red onion**  
**½ cup olive oil**  
**⅓ cup red wine vinegar**  
**2 tbsp dried oregano**  
**Black pepper, to taste**  
**Optional: 1 cup crumbled feta (light use)**

## DIRECTIONS

1. Combine chickpeas, cucumber, tomatoes, and red onion in a large bowl.
2. Whisk olive oil, vinegar, oregano, and black pepper.
3. Toss dressing with chickpea mixture.
4. Portion into small serving cups.



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Recipe adapted from:  
Chef Floyd