

# Mediterranean Chicken and Chickpea Salad

- This cool salad is great for hot summer days when you don't want to use heat to prepare a meal.
- Great for using up leftover chicken.
- Easy to substitute canned tuna or salmon in place of chicken for variety.
- Add any additional vegetables to this simple salad: tomatoes, carrots, broccoli florets, corn, olives.
- For a vegetarian option, substitute chicken with an additional can of beans of your choice.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(112g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 46mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 180mg	<b>4%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Mediterranean Salad

Servings: 4      Prep Time: 20 minutes



## Ingredients:

- 1 cup cooked (or 10oz. can) chicken, tuna or salmon, drained
- 1 can (15.5oz.) chickpeas or any beans, drained and rinsed
- 1 small cucumber, diced (peeled or unpeeled)
- 1/4 red or white onion, diced
- 2 Tablespoons olive oil
- 1/4 cup lemon juice (or juice of 2 lemons)
- 1 Tablespoon Italian seasoning or oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

## Directions:

1. If using cooked chicken: shred or chop to bite size pieces. Leftover chicken works great.
2. If using canned chicken or tuna: drain off all of the canning liquid.
3. Cut cucumber into quarters (long ways) and cut into small pieces (dice).
4. Dice onion.
5. Chop any additional vegetables you choose to add.
6. In a medium bowl, mix lemon juice, olive oil and seasonings.
7. Add all chopped and canned ingredients into the bowl and gently stir to combine.

Serve right away or cover and refrigerate.

## Recipe Credit:

Modified by: Kristen Elliott, RDN, LD

Inspired by: [domesticssuperhero.com](http://domesticssuperhero.com)