

# Chickpea and Feta Cheese Salad

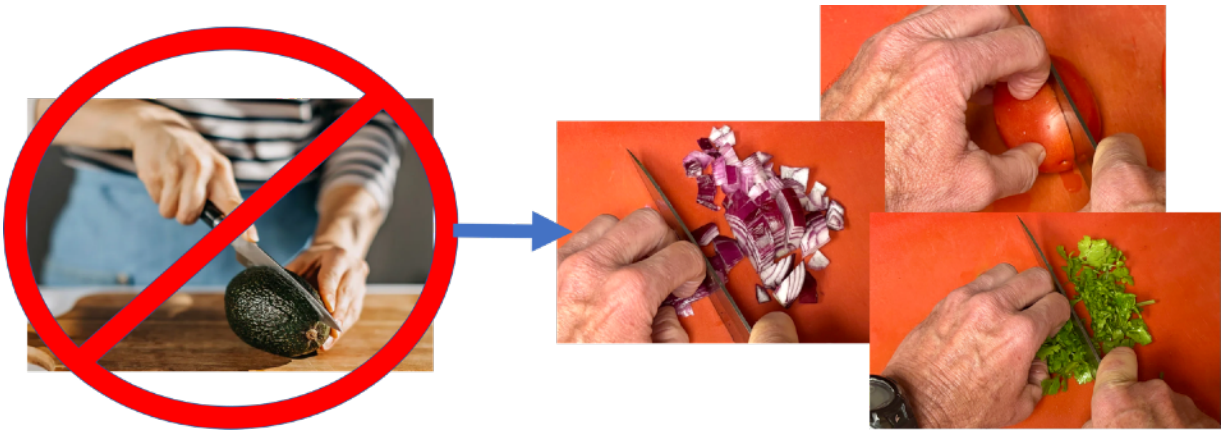


## Tips:

1. This Mediterranean-inspired, flavor-rich chop & mix salad combines the high protein/high fiber benefits of chickpeas, also called garbanzo beans, with fresh tomato, cucumber, red onion, cilantro and feta cheese.
2. **Making this recipe your own:** Just like any recipe, this recipe is only a guide. Sure, the

ingredients you see below go great together, but feel free to add, subtract or substitute any ingredients to suit your taste and/or dietary restrictions to make this recipe all your own.

**2. Knife Safety:** Yes, there's a good deal of cutting and chopping in this recipe - all easy to do. One key point: you'll notice in the step-by-step picture directions that follow, and as shown in the three pictures below right,...



...I use curled fingers on my food-gripping hand for two reasons. Using curled fingers both keeps whatever I'm cutting firmly in place on the cutting board and allows me to use my knuckles as a guide for the flat side of the knife to rub against as I cut. Guiding or

controlling the the knife by maintaining lightly pressured contact between the flat side of the knife blade with my curled knuckles prevents me - and will prevent you - from getting cut, which can otherwise happen easily if your fingers are spread straight out, as shown in the circled picture with a line through it above left.

**Preparation Time:** 10-15 minutes

### **Ingredients**

(for 4-6)

**15 Ounce Can of Chickpeas** (I'm using reduced sodium/salt chickpeas so that I can control how much salt I want in the salad)

**2-3 Medium Sized Tomatoes** (I'm using Italian or plum tomatoes, but any tomatoes will work)

**1/3 - 1/2 Cucumber** (I'm using an English cucumber because their seeds are soft and small and their highly nutritious skin is softer and easier to eat than the skin on standard



cucumbers)

**1/2 Red Onion**

**Handful Fresh Cilantro**

**Feta Cheese**

**Olive Oil**

**Vinegar** (I'm using Balsamic vinegar for its sweet and sour flavor, but any vinegar will work)

**Ground Black Pepper**



## Equipment

Large Bowl

Cutting Board

Can Opener (if needed)  
Large Wide Bladed (Chef's) Knife  
Large Spoon  
Colander or Strainer



1. Give the **tomatoes** and **cucumber** a good hand scrubbing rinse under cold running water.





2. Pull a handful of **cilantro** from a **fresh cilantro bunch**. Then give the **cilantro** a thorough rinse with cold running water to remove any gritty soil from the **cilantro leaves** and squeeze dry.



3. Open and pour a **can of chickpeas** into a colander or strainer in the sink, and give the **chickpeas** a quick rinse with cold running water.



4. Cut **each tomato** in half lengthwise. Cut the **tomato halves** into lengthwise slices about 1/2 inch (12 mm) wide. Then cut those slices in cross section into pieces also about 1/2 inch (12 mm) wide.



5. Put the **chopped tomatoes** and **rinsed chickpeas** into a large bowl.

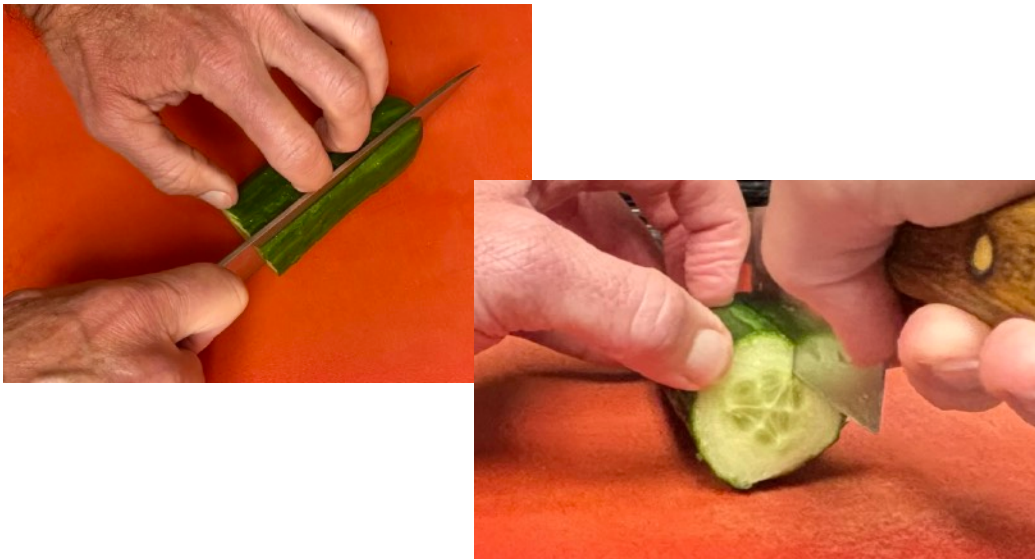


6. Cut a 6 inch (15 cm) piece from a **whole cucumber**.

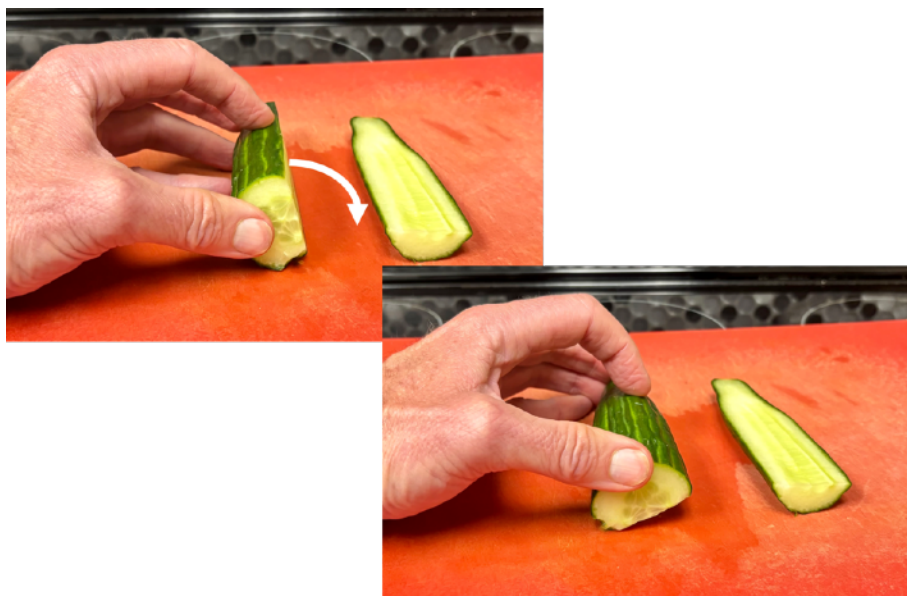


To keep the cucumber piece from rolling on the cutting board as you continue to cut it, carefully cut a 1/2 inch (12 mm) lengthwise slice from the side of the **cucumber piece**.





Then roll the **larger cucumber piece** so that the flat edge you just cut lies flat on the cutting board to give you a stable foundation and allow you to make safer lengthwise cuts.



Now make 1/2 inch (12 mm) lengthwise

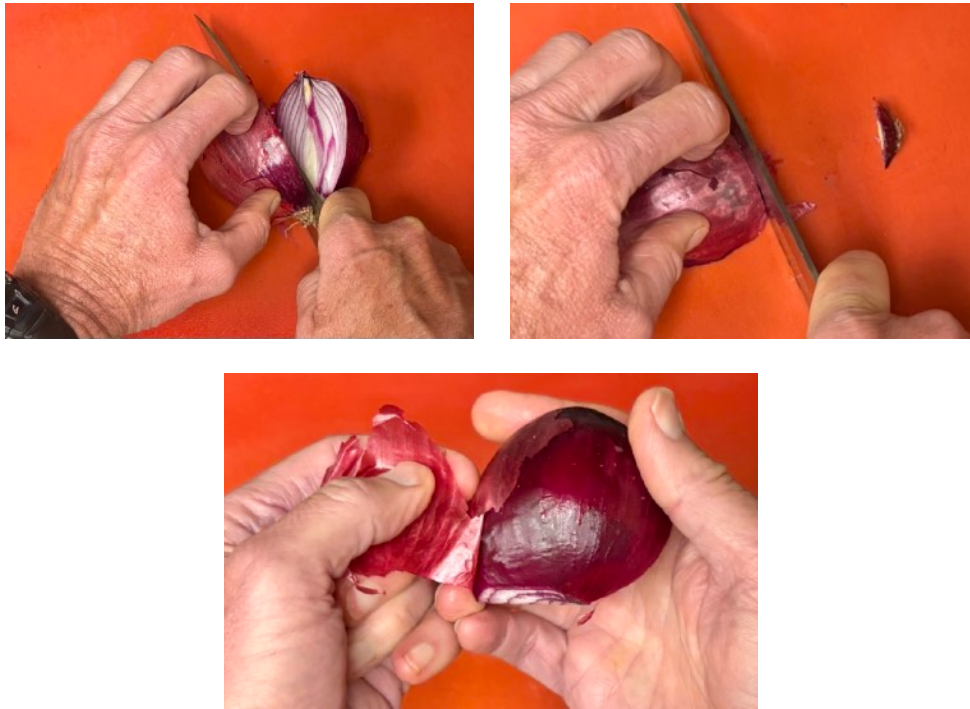
slices...



...and then cut those slices into cross section pieces also 1/2 inch (12 mm) wide and add them to the **tomatoes** and **chickpeas** in the bowl.



7. Cut a **red onion** in half lengthwise, then cut away the root and stem ends, and peel off the **onion's papery skin**.



Make 1/4 inch (6 mm) cross grain cuts into but not all the way through the **red onion half** as shown in the picture below. The **uncut back of the onion** will work like the binding of a book to keep the **onion slices** together when you next cut the slices in cross section.

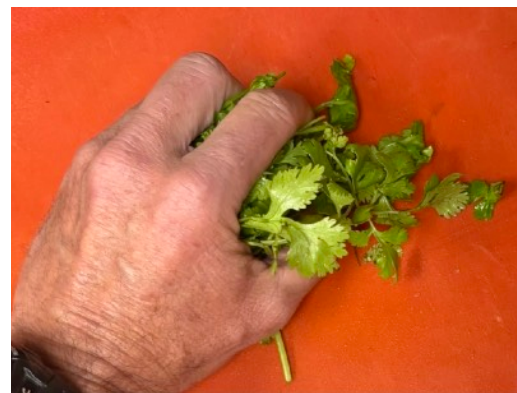




Turn the **1/2 onion** 90 degrees, cut the slices in cross section into pieces also 1/4 (6 mm) wide and add the **chopped onion** to the bowl.



8. Cut the **tough, leafless stems** from the **cilantro** and bunch the **cilantro** into a ball.



Then chop the **cilantro** into pieces 1/8-1/4 inch (3-6 mm) wide, rotate the cutting board about as shown in the picture below right, chop the **cilantro**

into smaller pieces and add them to **ingredients** in the bowl.



9. Add the following:

**Feta cheese** - about as much as shown below and easily crumbled by hand





A good shot of **vinegar** and **olive oil**



A good crunch of **ground black pepper**



10. Use a big spoon to mix all the **ingredients** together until what you have looks about...





...like this.



© 2025 Bruce Tretter  
**Gotta' Eat, Can't Cook**  
"Show Me How" Video & Picture Book Cooking