



**Mediterranean Salad with Lemon Herb Dressing**

Prep Time:30  
minutes  
mins  
Servings: 4 people

## Ingredients

### FOR THE SALAD

- 6 cups salad greens (*I used arugula*)
- 1 english cucumber
- 1 green bell pepper
- 1 cup cherry tomatoes
- 1 red onion
- 1 can chickpeas
- 1/2 cup kalamanta olives
- 1/2 cup crumbled feta cheese

### FOR THE DRESSING

- 1/4 cup olive oil ( or less for lower calorie)
- 1 lemon
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp fresh or dried dill

## Instructions

### PREPARE SALAD INGREDIENTS

- Wash all of your veggies. Dice cucumber, bell pepper, and red onion. Slice cherry tomatoes and olives in half.
  
- Drain and rinse canned chickpeas. Pat dry gently with a paper towel.

### MAKE THE DRESSING

- In a jar, combine olive oil, the juice of 1 lemon, garlic oregano and dill. Stir well to combine.

### ASSEMBLE SALAD

- Fill large bowl with your choice of salad greens. Add cucumber, bell pepper, red onion, cherry tomatoes, olives, chickpeas and feta cheese on top.
  
- Drizzle dressing on top of salad, and add a little lemon zest on top. Toss before serving, enjoy!