



# Nancy's Nourishing Kitchen

## Chickpea and Sun-dried Tomato Salad with Feta

### Ingredients:

1 can chick peas, drained and rinsed  
5-6 sun-dried tomatoes, diced  
1 small red onion, sliced thin  
1/4 cup flat leaf parsley; chopped  
1/4 - 1/3 cup extra virgin olive oil  
2 Tablespoon white wine vinegar  
1 Tablespoon fresh lemon juice  
1 Tablespoon fresh oregano (or 2-3 tsp dried) sea salt  
fresh ground black pepper  
feta cheese, optional

### Directions:

- Make dressing by combining olive oil, vinegar, lemon juice and oregano in a bowl or jar and whisk or shake well. Season with salt & pepper.
- Combine sun-dried tomatoes, chick peas, red onion and parsley in bowl.
- Toss with dressing.
- Crumble feta on salad and gently toss again.

- Tip: to take the bite out of raw onions, soak in ice water for 15 minutes.

Use goat cheese or parmesan instead of feta.

Nancy Ferraris

[nancysnourishingkitchen.com](http://nancysnourishingkitchen.com)

[nancyferraris@me.com](mailto:nancyferraris@me.com)