

Tomato Avocado Cucumber Chick Pea Salad with Feta and Greek Lemon Dressing

Yield: About 8 servings

Ingredients

- 2 (10.5 oz) containers red cherry tomatoes
- 1 (10.5 oz) container yellow cherry tomatoes
- 1 (14.5 oz) can chick peas, drained and rinsed
- 1 1/2 cucumbers , peeled and sliced into quarters
- 2 Hass avocados , peeled, cored and diced (ripe but semi-firm)
- 1/4 cup chopped fresh parsley
- 3 oz feta cheese , crumbled



Dressing

- 1/2 cup olive oil
- 1/4 cup fresh lemon juice
- 1 tsp dijon mustard
- 2 cloves garlic , minced
- 1/4 tsp salt
- 1 Tbsp chopped fresh basil
- 3/4 tsp dried oregano

Instructions

1. In a salad bowl toss together tomatoes, chick peas and cucumbers. Add avocado and parsley and gently toss. Add desired amount of dressing and the feta and gently toss to evenly coat. Serve within an hour for best results.
2. For the dressing:
3. In a blender (or mixing bowl with a whisk), blend olive oil, lemon juice, mustard, garlic and salt until mixture is well emulsified. Stir in basil and oregano.
4. Recipe source: inspired by [Green Valley Kitchen](#)

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