



From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!



**VEGETARIAN
GLUTEN-FREE**

Mediterranean Chickpea Salad

OVERVIEW

PREP TIME: 10 minutes

TOTAL TIME: 10 minutes

INGREDIENTS

- 1 can chickpeas (drained, rinsed)
- 1 medium English cucumber (large diced)
- 1 medium Hothouse tomato (large diced)
- ½ cup black olives (pitted, sliced)
- Salt and pepper (to taste)
- 1 lemon (zest and juice)
- 1 Tbsp olive oil
- ½ cup feta cheese (crumbled)

DIRECTIONS

1. In a large bowl, mix together chickpeas, cucumber, tomato, black olives, salt, and pepper. Let sit for at least 5 minutes.
2. In a small bowl, mix together lemon zest, juice, and olive oil.
3. Just before serving, mix the lemon-oil mixture into the salad.
4. Top with crumbled feta.

DID YOU KNOW?

Chickpeas are a legume, meaning that their seeds are enclosed in a pod. Chickpeas are a major agricultural crop grown in the Canadian prairies. Canada is a top exporter globally of dried chickpeas.

