

Choco Fever Dream

Chickpea Feta Avocado Salad Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Salad** Course

Ingredients

Main Ingredients

- [ ] 1 (15-oz) can chickpeas, drained and rinsed
- [ ] 1 ripe avocado, diced
- [ ] ½ cup crumbled feta cheese
- [ ] ¼ cup red onion, finely chopped
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp olive oil
- [ ] Juice of 1 lemon
- [ ] Salt and freshly ground black pepper to taste

Optional Add-ins

- [ ] 1 tsp honey (optional)
- [ ] 2 tbsp toasted pine nuts

Instructions

1. Drain and rinse the chickpeas; pat them dry with a clean kitchen towel.
2. In a large bowl, combine chickpeas, diced avocado, red onion, and crumbled feta.
3. Whisk together olive oil, lemon juice, salt, pepper, and honey (if using) until smooth.
4. Pour the dressing over the salad, toss gently, then fold in parsley and pine nuts if desired.
5. Taste and adjust seasoning; serve immediately or refrigerate for up to two days.

Nutrition per serving

320 kcal	12 g	24 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The avocado will stay vibrant if you add the lemon juice right away.
- Feel free to swap chickpeas for black beans for a deeper earthiness.
- A pinch of smoked paprika adds a subtle warmth without overpowering the freshness.