

Mediterranean Chickpea Salad

Serves 2

Adapted from [The Houston Emergency Preparedness Cookbook](#)



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 can chickpeas, rinsed and drained
- ½ cup roasted red pepper
- 2 tablespoons capers
- 2 tablespoons olive oil
- 2 tablespoons vinegar (red wine, white, apple cider, etc.)
- 1 tablespoon dried parsley
- 2 teaspoons dried minced onion
- Black pepper to taste
- Salt to taste, if needed

Directions

1. Place all ingredients in a large bowl and stir to combine.
2. Allow to sit at room temperature for approximately 30 minutes, to allow onions and parsley to soften and flavors to blend.
3. Serve at room temperature. Serve alone, with crackers or bread, or on top of greens.

Notes

- Other optional ingredients include canned tuna, olives, artichoke hearts, sundried tomatoes, or fresh vegetables if available, such as diced cucumber or tomatoes.
- You can also use white beans instead of chickpeas.

Recipe from [Recipes for Disaster Preparedness, Fall 2020](#)