

# Thinking Outside the Box!



## Mediterranean Chickpea Salad

Many plant-based proteins can be found in shelf stable items and can be a regular part of your diet to fit into your high performance needs. This makes it convenient for a quick meal or when you don't want to cook. Open a can, mix in some other items, and presto! You have yourself a tasty meal. Canned beans are versatile and can be easily mixed with a variety of ingredients with the final result varying widely in flavors from spicy Mexican dishes to savory Greek. Plant based proteins can be a good addition to your diet by adding more variety of nutrients and a source of protein that has little to no fat.



They are items that may feel like rainy day items since they're convenient to keep in the pantry and forget about them, but they're easy to mix into dishes to increase your consumption of protein, and fiber. Bonus: they have a long shelf life so they're great for camping, dorm rooms, or even on the go for TDY. They can also help you add variety into your regular meals by switching up the type of beans or protein. Consider using this recipe in place of one meat based protein meal this week.

This meal is a great base or starter recipe that can be made using items already in your pantry or refrigerator. It can be used as a topper for your salad (no salad dressing needed) or make it into a wrap. It has a good variety of fresh vegetables so it's nutritionally dense. The versatility of this meal makes it easy for meal preparation for the week. Make a large batch and serve it in a variety of ways.

### Ingredients: 4 servings

- One 15 oz. can of chickpeas
- 1 cucumber, diced
- ½ red onion, chopped
- ⅓ cup Kalamata olives, chopped
- ⅓ cup, feta cheese, crumbled
- 2 tbsp. white wine vinegar
- 2 tbsp. lemon juice

### Directions:

1. Combine the vinegar and lemon juice in a small bowl and set aside.
2. Add the remaining ingredients to a medium-sized bowl and mix.
3. Add the vinegar, lemon juice mix to the salad and mix evenly.

### Tips:

- This salad is an easy base if you want to add more, like a can of black beans or to use it as a topping/ salad dressing over lettuce.
- While adding flavor, the vinegar helps keep the produce fresh longer.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

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