

Mediterranean Salad

<https://recipes.heart.org/en/recipes/mediterranean-salad>

Dietary Preferences [Vegetarian](#) [Heart Healthy](#) [Low Sodium](#)

Calories 142 Per Serving **Protein** 8g Per Serving **Fiber** 4g Per Serving

Time 10 min

Total Time 10 min

Servings 4

Ingredients

- 1 medium head lettuce (green leaf, red leaf or romaine), cut into thin strips
- 1 medium cucumber, chopped
- 1/2 cup chopped tomatoes
- 1 (15.5-ounce) no-salt-added garbanzo beans (chickpeas), drained and rinsed
- 1/2 medium red onion, finely sliced
- 1/2 cup crumbled fat-free or low-fat feta cheese

OR

- 1/2 cup shredded Parmesan cheese
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar

OR

- 2 tablespoons cider vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

Directions

1. In a large bowl, gently toss the lettuce, cucumber, tomatoes, chickpeas, onion, and feta.
2. In a small bowl, whisk together the oil, vinegar, garlic powder, and pepper.
3. Pour the dressing over the salad, tossing to combine.