MEDITERRANEAN SALAD

Serves: 5
Approximate Cost of the Recipe: $8.15
Approximate Cost per Serving: $1.63

INGREDIENTS:

- 1/3 cup olive oil
- 2 teaspoons dijon mustard
- 2 teaspoons honey
- 1 15.5 oz can chickpeas
- 1 cucumber
- 1 bunch parsley
- 1 can black olives
- 1 6 oz container feta cheese
- 2 tomatoes
- 1/4 cup apple cider vinegar

DIRECTIONS:

1. Wash all fresh produce under running water.
2. Chop cucumbers, tomatoes and parsley.
3. Drain and rinse the chickpeas.
4. Whisk and blend together the honey, olive oil, apple cider vinegar and mustard.
5. Pour salad dressing mixture over chopped vegetables, feta, olives and chickpeas.
6. Serve and enjoy!

Prepared by Rhode Island Community Food Bank’s Healthy Habits, Eating Well on a Budget Program.
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