

Chickpea, Tomato and Feta Salad

A high-fibre summer salad with chickpeas, cherry tomatoes, cucumber and feta in a lemon and cumin dressing. Ready in 15 minutes, serves 4, diabetes-friendly.

Servings: 4 people · Prepping time: 15 min · Cooking time: none

A lunch that holds up in the fridge for two days and keeps blood sugar steadier than a sandwich. Two tins of chickpeas do most of the work: protein and plenty of fibre in every bowl.

Ingredients

- 2 × 400 g tins chickpeas, drained and rinsed
- 250 g cherry tomatoes, halved
- 1 English cucumber, diced
- ½ red onion, finely sliced
- 100 g feta, crumbled
- 1 large handful flat-leaf parsley and mint, chopped
- 2 tbsp extra virgin olive oil
- Juice of 1 lemon
- 1 tsp ground cumin
- Salt and black pepper to taste



Method

1. In a large bowl, whisk the olive oil, lemon juice, cumin, salt and pepper.
2. Add the chickpeas and red onion and toss to coat. Leave for 5 minutes so the onion softens slightly.
3. Add the tomatoes, cucumber and herbs and toss gently.
4. Crumble the feta over just before serving.
5. To meal prep: keep the cucumber separate and add it on the day. Keeps for 2 days in the fridge.

Nutrition per serving (approximate)

- Energy: about 320 kcal
- Protein: about 13 g

- Carbohydrate: about 26 g (excluding fibre)
- Fibre: about 9 g
- Fat: about 15 g

Dietitian's note: to make this a complete main meal, add 2 boiled eggs or a 170 g tin of tuna per two servings. Values are approximate, calculated from standard food composition data, and vary by brand.