

How to Make a Classic Chopped Salad: A Perfectly Balanced Bite Every Time

This chopped salad stands out for several reasons:



TIME
15 min

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INGREDIENTS

- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 bell pepper, diced (any color)
- 1 cup red cabbage, finely chopped
- 1 cup cooked chickpeas (canned is fine)
- 1/4 cup red onion, finely chopped
- 1/4 cup feta cheese, crumbled (optional)
- 1/4 cup fresh parsley, chopped
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

DIRECTIONS

1. Growing up, my family had a tradition of gathering every Sunday for a big meal. No matter the season, a vibrant chopped salad was always on the table, a colorful reminder of the love and care that went into our family gatherings. Each bite was a burst of flavor, and it became a staple that I now cherish and recreate for my own family. This classic chopped salad is not just a dish; it's a celebration of togetherness and fresh ingredients.

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