

The Ultimate Plant-Based Protein Salad with Quinoa & Chickpeas

High-Protein Quinoa and Chickpea Salad



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15 min

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INGREDIENTS

1 cup quinoa, uncooked
1 can (15 oz) chickpeas, drained and rinsed
1 cup cherry tomatoes, halved
1 cucumber, diced
1/2 red onion, finely chopped
1/2 cup feta cheese (optional, for extra protein and flavor)
2 tbsp olive oil
1 tbsp lemon juice
1 tbsp apple cider vinegar
1 tsp garlic powder
Salt and pepper, to taste

Fresh parsley or cilantro, for garnish (optional)

? Swaps and Add-Ons:

Vegan? Omit the feta or swap with dairy-free feta.

Add crunch: Toss in pumpkin seeds or chopped almonds.

Extra protein: Add grilled chicken, tofu, or even a hard-boiled egg.

Boost flavor: Mix in a spoonful of hummus or a dash of cumin for a Mediterranean twist.

??? Instructions:

Cook the quinoa: Rinse under cold water. Combine 1 cup quinoa with 2 cups water in a pot. Bring to a boil, then cover and simmer for ~15 minutes. Fluff with a fork and let it cool.

Make the salad base:In a large mixing bowl, combine chickpeas, cherry tomatoes, cucumber, red onion, and feta (if using).

Whisk the dressing:In a small bowl, mix olive oil, lemon juice, apple cider vinegar, garlic powder, salt, and pepper.

Bring it together:Add the cooled quinoa to the bowl. Pour the dressing over everything and toss gently until well combined.

Garnish and serve:Sprinkle with chopped fresh parsley or cilantro. Serve chilled or at room temperature.

? **Tips for Success:**

Cool the quinoa completely before mixing to avoid wilting the veggies.

Let it marinate for 30 minutes before serving to enhance the flavor.

Store in an airtight container for easy grab-and-go lunches all week.

? **Serving Suggestions & Pairings:**

Enjoy it next to these Easy Turkey Wings for a hearty lunch.

Add a refreshing glass of Blueberry Lemonade.

For a complete brunch vibe, pair with This One-Pan Breakfast Bake.

? **Storage & Leftovers:**

Refrigerate: Keeps well in an airtight container for 3-4 days.

Make-ahead friendly: The flavors deepen overnight!

No soggiess: Store the dressing separately if you plan to eat portions across multiple days.

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9. ? **Serving Suggestions & Pairings:** This salad is filling on its own but also works beautifully as a side dish. Here are a few perfect pairings:
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16. ? More Healthy Recipes You'll Love: Looking for more nutritious bites? Try these:
17. A Light : Tangy Chicken Salad (No Mayo!)
18. No-Bake : Monster Cookie Energy Balls - for snacking on the go
19. This : One-Pan Breakfast Bake - a great prep-ahead brunch companion
20. Final Thoughts: This High-Protein Quinoa and Chickpea Salad is everything a modern meal should be-balanced, flavorful, and packed with ingredients you can feel good about. Whether you're prepping for the week or tossing together a last-minute lunch, this salad's got your back.
21. If you try it, I'd love to hear what extras you added! Leave a comment, share with your meal prep crew, and follow for more power-packed, feel-good recipes.
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