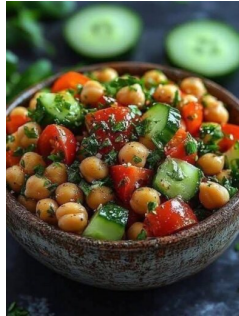


## The Best No-Cook Chickpea Salad with Fresh Vegetables

Easy Chickpea Salad ???



**TIME**  
**10 min**

**PRINT**  
**Recipe Card**

**SAVE**  
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**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red onion, finely chopped
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tsp dried oregano
- Salt and black pepper, to taste
- Optional garnish: fresh parsley or mint leaves

### DIRECTIONS

1. **Combine the Veggies:** In a large mixing bowl, add the chickpeas, cherry tomatoes, diced cucumber, and red onion.
2. **Make the Lemon-Oregano Dressing:** In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper until emulsified.
3. **Toss & Garnish:** Pour the dressing over the chickpea mixture and toss well to ensure everything is evenly coated. Top with chopped parsley or mint for a refreshing finish.
4. **? Pro Tip:** Let the salad sit for 10-15 minutes before serving to allow the flavors to meld.

### TIPS FOR SUCCESS

Use high-quality olive oil for the best flavor.

If raw onion is too strong, soak the chopped red onion in cold water for 10 minutes before adding it to the salad.

Make a double batch -this salad tastes even better the next day!

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-best-no-cook-chickpea-salad-with-fresh-vegetables/>