

Vibrant Chickpea & Beet Salad with Lemon-Garlic Vinaigrette

Here's what you'll need to create this bright and flavorful salad:



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30 min

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INGREDIENTS

1 can (15 oz) chickpeas, drained and rinsed
2 medium cooked beets, peeled and diced (pre-cooked beets are a fantastic shortcut!)
½ cup crumbled feta cheese
¼ cup olive oil
2 tablespoons fresh lemon juice
1 clove garlic, minced
Salt to taste
Pepper to taste
Fresh parsley, chopped (for garnish)

Swaps and Notes:

Beets: If you can't find pre-cooked beets, you can boil or roast fresh beets until tender. Roasting will give them a deeper, sweeter flavor.

Feta Cheese: Not a fan of feta? Goat cheese or even a dairy-free feta alternative would work well here.

Herbs: While parsley is my go-to, fresh dill or mint would also be delicious additions.

Add-ins: Feel free to throw in some chopped cucumber for extra crunch, cherry tomatoes for more sweetness, or even some toasted walnuts for a nutty element.

Protein Boost: For an even heartier meal, consider adding grilled chicken or salmon. My [A Light, Tangy Chicken Salad I Actually Crave \(and There's No Mayo in Sight\)](#) offers another fantastic chicken recipe you might enjoy.

DIRECTIONS

- Getting this salad on your table is incredibly simple. Follow these easy steps:
- Combine the : Stars:** In a large mixing bowl, gently combine the drained and rinsed chickpeas with the diced cooked beets.
- Whisk the : Vinaigrette:** In a separate small bowl, whisk together the olive oil, fresh lemon juice, minced garlic, salt, and pepper until well combined. Taste and adjust seasoning as needed. You want a bright, zesty flavor that will lift the entire salad.
- Dress the : Salad:** Pour the prepared dressing over the chickpea and beet mixture. Toss gently but thoroughly to ensure every piece is coated in that delicious vinaigrette.
- Fold in the : Feta:** Add the crumbled feta cheese to the bowl. Gently toss once more to distribute the feta without breaking it up too much.
- Garnish and : Serve:** Garnish with fresh chopped parsley. Serve immediately for the best texture, or chill in the refrigerator for flavors to meld further.

SWAPS & NOTES

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TIPS FOR SUCCESS

Pre-cooked Beets are Your Friend: Don't hesitate to use pre-cooked, vacuum-sealed beets from the produce section.

They are a huge time-saver and just as delicious.

Fresh Lemon Juice is Key: Bottled lemon juice just doesn't compare to the brightness of fresh.

Don't Over-Toss: Be gentle when tossing, especially after adding the feta, to prevent the beets from staining everything too much and to keep the feta in nice crumbles.

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

Original recipe: <https://chefmaniac.com/vibrant-chickpea-beet-salad-with-lemon-garlic-vinaigrette/>