

Hot Girl Summer Salad: A Fresh, Viral Sensation for Any Occasion

You've likely seen this salad all over your social media feeds, and for good reason! The



TIME
10-15 min

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INGREDIENTS

2 cucumbers, peeled and diced
2 green bell peppers, diced
½ red onion, finely diced
1 (15-ounce) can chickpeas, rinsed and drained
1 cup crumbled feta cheese
½ cup fresh parsley, chopped
For the Dressing:
... cup extra virgin olive oil
3 tablespoons red wine vinegar
2 tablespoons fresh lemon juice
1 tablespoon honey or maple syrup (optional, for a touch of sweetness)
1 clove garlic, minced
½ teaspoon dried oregano
Salt and black pepper to taste

DIRECTIONS

1. Prepare the : Vegetables: Dice the cucumbers, green bell peppers, and red onion. Rinse and drain the canned chickpeas. Roughly chop the fresh parsley. Place all these ingredients in a large mixing bowl.
2. Make the : Dressing: In a small bowl or a jar with a tight-fitting lid, combine the extra virgin olive oil, red wine vinegar, fresh lemon juice, honey (if using), minced garlic, and dried oregano. Whisk or shake vigorously until the dressing is well combined and emulsified. Season with salt and black pepper to taste.
3. Combine and : Dress: Pour the dressing over the vegetables in the large mixing bowl. Gently toss everything together until all the ingredients are evenly coated.
4. Add : Feta and Toss: Gently fold in the crumbled feta cheese. Be careful not to toss too aggressively, or the feta will break up too much.
5. Chill and : Serve: For the best flavor, cover the salad and refrigerate for at least 30 minutes to allow the flavors to meld. Serve chilled.

SWAPS & NOTES

Vegetables: Feel free to swap the green bell peppers for red, yellow, or orange bell peppers for a different color and flavor.

You can also add other crunchy vegetables like diced celery or finely chopped carrots.

Red Onion: For a milder flavor, you can soak the finely diced red onion in a bowl of ice water for 10-15 minutes before adding it to the salad.

This takes away some of its sharp bite.

TIPS FOR SUCCESS

Use Fresh Ingredients: This salad is all about the fresh flavors, so use the crispest vegetables and freshest herbs you can find.

Dice Evenly: Dicing the vegetables to a similar size ensures every bite has a perfect mix of flavors and textures.

Don't Over-Season: The feta cheese adds a lot of salt, so be sure to taste the salad before adding too much extra salt.

Chill for Best Flavor: A little time in the refrigerator makes a huge difference, allowing the dressing to permeate the vegetables and the flavors to deepen.

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