Zesty Greek Chickpea Salad

**Ingredients**

- 1 cup farro, barley or couscous
- 1 cup cherry tomatoes cut in half, or 1 large tomato, diced
- 1 cup chickpeas, (~1/2 can)
- 1 bell pepper, diced
- 1 large cucumber, diced
- 1/4 cup small diced red onion
- 3 Tbsp oil
- 1-2 Tbsp lemon juice
- 1/4 cup chopped parsley
- 1 tsp dried oregano
- 1/2 tsp salt

**Directions**

1. Cook farro or preferred grain to package direction.
2. If using canned chickpeas, rinse under water.
3. **Dressing:** In a small bowl, mix oil, lemon juice, parsley, oregano and salt.
4. In a large bowl mix cooked grain, tomatoes, chickpeas, bell pepper, cucumber and red onion.
5. Mix the dressing into the large bowl.
6. Chill and serve.

**Tip:** For an authentic Greek salad add olives and feta cheese.

**Servings:** 4-6  
**Prep time:** 10 minutes  
**Cook time:** 10-30 minutes  
(pending on which grain used)  
**Total time:** 20-40 minutes  

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