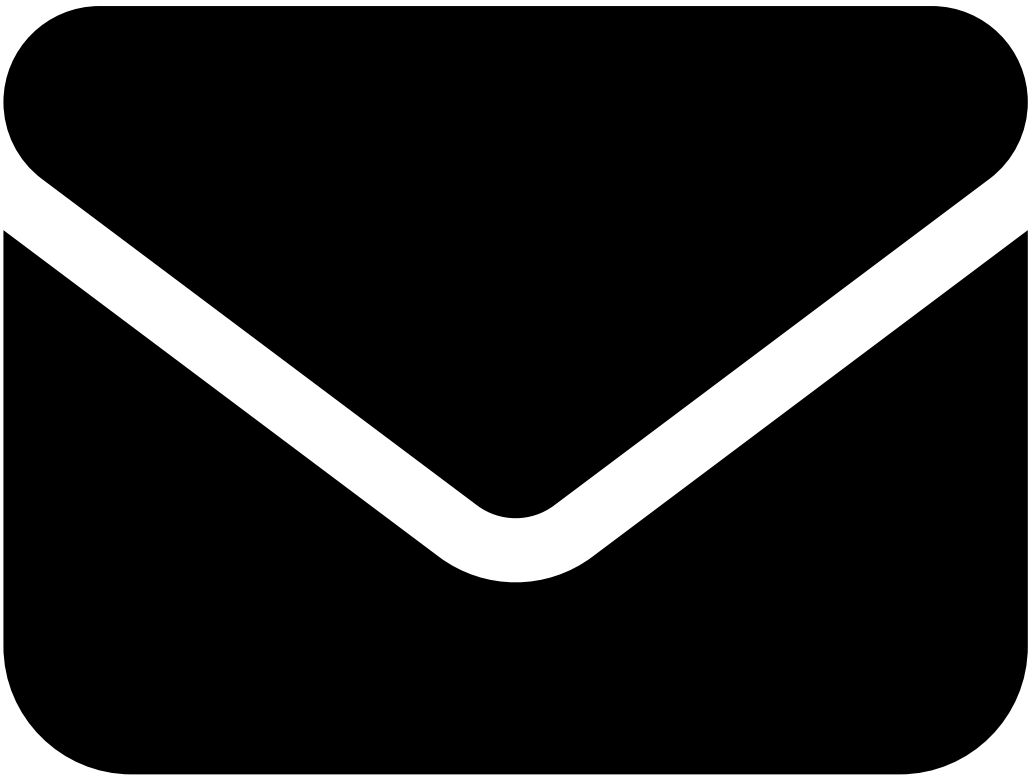
Italian Chickpea Cucumber Tomato Salad

Italian Chickpea Cucumber Tomato Salad

This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.

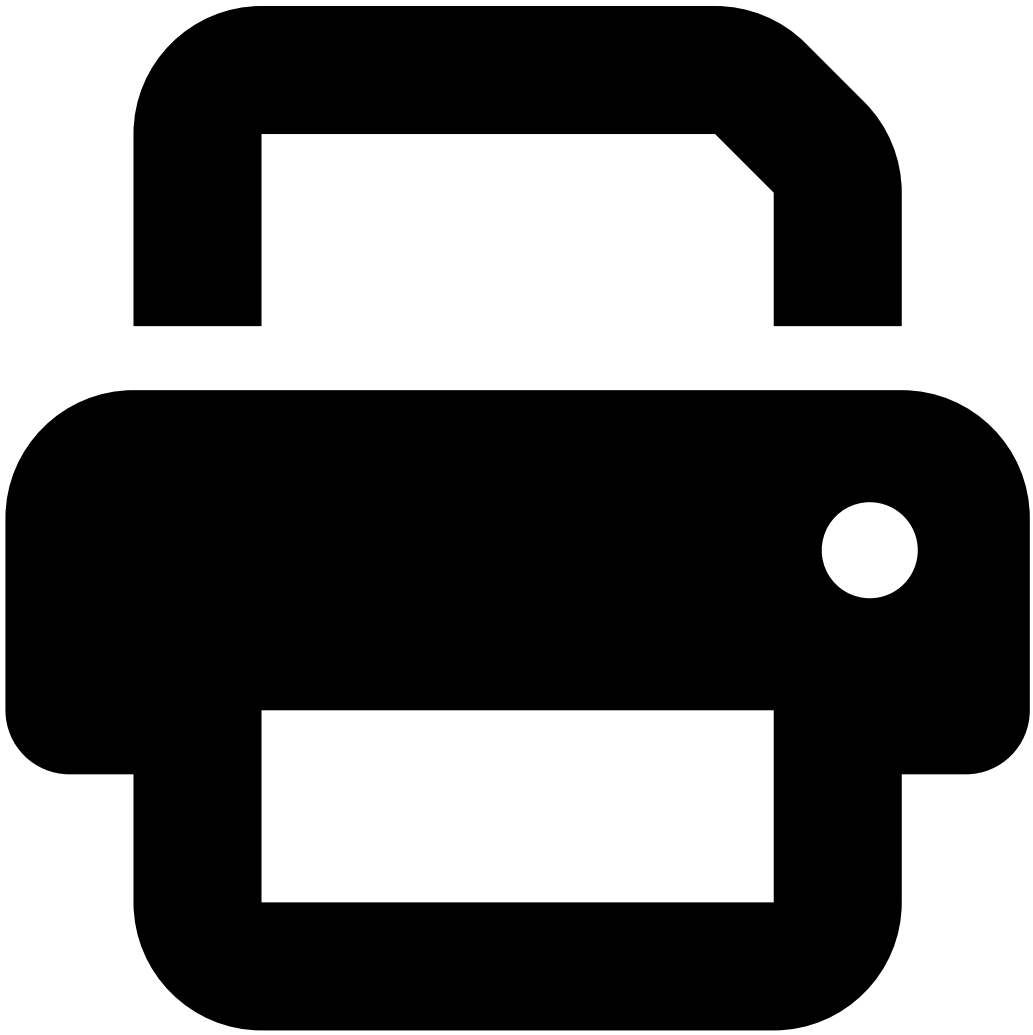









SMS



This refreshing **Italian Chickpea Salad** is a celebration of simple, wholesome ingredients that come together in the most delicious way. Made with home-cooked chickpeas, juicy fresh tomatoes, crisp cucumbers, sweet bell peppers, and fragrant herbs, it’s tossed in a classic Italian vinaigrette for a light and flavorful dish. It’s perfect as a make-ahead lunch, a picnic salad, or a vibrant side for grilled meats or seafood. Naturally gluten-free and full of plant-based protein, this salad is both nourishing and satisfying.

Cooking your own chickpeas from scratch makes a noticeable difference in taste and texture. Simmered gently with garlic and bay leaf, the chickpeas soak up a subtle savory aroma that enhances the freshness of the vegetables. With bright parsley, a splash of red wine vinegar, and a drizzle of good olive oil, this salad is the kind of rustic Italian cooking that shines through its simplicity.

Things to know about this Italian chickpea cucumber tomato salad

- **Canned Chickpeas Work Too**: While cooking chickpeas from scratch adds depth and texture, canned chickpeas are a great time-saver and work perfectly in this recipe. Just be sure to rinse and drain them well before using.
- **Best Served Fresh or Chilled**: This salad can be served right after assembling, but letting it sit for 20–30 minutes allows the flavors to meld. It also holds up beautifully in the fridge for up to 3 days, making it ideal for meal prep.
- **Easy to Customize**: Add crumbled feta, shaved Parmigiano-Reggiano, or fresh mozzarella for a cheesy twist. For more protein, toss in some canned tuna, grilled chicken, or hard-boiled eggs. Chopped artichoke hearts, capers, or even avocado also make great additions.
- **Perfect for Summer Gatherings**: Light, bright, and easy to make ahead—this salad is perfect for potlucks, picnics, or any warm-weather meal.
- **Love Salads?** Don’t miss my other fresh and flavorful salad recipes—perfect for any season or occasion. Watermelon cucumber feta salad or my cucumber tomato avocado salad, you’re going to love them. Please leave me a comment on your experience with this recipe. I love hearing from you it’s my favorite part,

Italian Chickpea Cucumber Tomato Salad



A fresh and flavorful Italian chickpea salad made with crisp cucumbers, juicy tomatoes, and a simple Mediterranean-inspired dressing. Perfect as a light lunch, side dish, or easy summer salad.

For the Chickpeas:

- 1 cup dried chickpeas
- 1 bay leaf
- 1 garlic clove (smashed)
- A few sprigs of fresh rosemary or thyme (optional)
- Salt (added after cooking)

For the Salad:

- 2 ½ to 3 cups cooked chickpeas (from above)
- 1 cup cherry tomatoes (halved)
- 1 cup sliced English cucumber
- ½ cup red peppers (chopped)
- 1/2 cup thinly sliced red onion
- 1/2 cup fresh parsley (chopped)
- 2 tablespoons fresh basil (torn)

For the Dressing:

- 1/2 cup extra virgin olive oil (use a good Italian one)
- 1/4 cup tablespoons red wine vinegar OR fresh lemon

juice
- 1 teaspoon dried oregano
- salt and Freshly cracked black pepper to taste
- 1 garlic clove (finely grated or mashed into a paste)

1. ## Cook the Chickpeas

   Soak 1 cup of dried chickpeas in water overnight (8–12 hours). Drain and rinse.Place them in a pot and cover with water by at least 2 inches. Add:

   1 bay leaf

   1 garlic clove (smashed)

   Optional: a small sprig of rosemary or thyme

   Bring to a boil, then reduce to a gentle simmer. Cook uncovered for **45–60 minutes**, or until tender but not mushy.**Salt the water** during the last 10 minutes of cooking. Drain and let cool slightly.

2. **Time-saver tip:** Cook extra chickpeas and freeze them for future use. You can use canned chickpeas , They work fine .

3. ## Assemble the Salad

   In a large bowl, combine:

   Cooked and cooled chickpeas

   Cherry tomatoes, red peppers, red onion and sliced cucumbers

   Gently mix in chopped parsley and basil.

4. ## Make the Dressing

   In a small bowl, whisk together olive oil, vinegar (or

lemon juice), oregano, garlic, salt, and pepper.

5. **Toss and Serve**

   Pour the dressing over the salad and toss to combine. Le t sit at room temperature for **20–30 minutes** to develop f lavor.Top with shaved Parmigiano or feta

Salad, Side Dish
Italian
Italian chickpea salad, chickpea cucumber tomato salad