



# Rainbow Greek Salad



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Servings: 6 • Prep time: 30 mins • Chill time: 2 hours

## Ingredients

2 medium cucumbers, diced  
3 cups cherry tomatoes, halved  
2 bell peppers, diced (any color)  
1/4 cup diced red onion  
1 can (15 ounces) white northern beans or chickpeas,  
drained and rinsed  
Juice from 1 lemon (about 2 tablespoons)  
1/4 cup finely chopped fresh parsley (or 1 tablespoon  
dried parsley)  
1/4 teaspoon salt  
1/2 teaspoon dried oregano  
3 tablespoons olive oil  
1 tablespoon red wine vinegar

## Directions

Combine all ingredients in a large bowl and stir until evenly mixed. Cover and chill in the refrigerator for 2-3 hours or overnight. Serve cold as a main or side dish!

For more recipes and nutrition information, visit  
[www.GleanersNutritionHub.org](http://www.GleanersNutritionHub.org)

