



CHICKPEA GREEK SALAD IN A JAR

$\frac{1}{4}$ cup onion (finely chopped)
2 Tbsp. red wine vinegar
2 Tbsp. olive oil
1 Tbsp. **Mediterranean Greek Seasoning Blend**
 $\frac{1}{4}$ cup canned chickpeas (rinsed)
1 cup grape tomatoes, halved
 $\frac{1}{4}$ cup crumbled feta
 $\frac{1}{4}$ cup English cucumber, chopped
2 Tbsp. Kalamata olives, halved
1 $\frac{1}{2}$ cups spinach

In a 1-quart jar, place onion, red wine vinegar and olive oil, seasoning; shake well to distribute. Add $\frac{1}{2}$ cup canned chickpeas (rinsed) and gently shake to coat. Top with 1 cup halved grape tomatoes, $\frac{1}{4}$ cup crumbled feta, $\frac{1}{4}$ chopped English cucumber, 2 tablespoons kalamata halved olives and spinach.