



## CHICKPEA GREEK SALAD IN A JAR

- ¼ cup onion (finely chopped)
- 2 Tbsp. red wine vinegar
- 2 Tbsp. olive oil
- 1 Tbsp. **Mediterranean Greek Seasoning Blend**
- ¼ cup canned chickpeas (rinsed)
- 1 cup grape tomatoes, halved
- ¼ cup crumbled feta
- ¼ cup English cucumber, chopped
- 2 Tbsp. Kalamata olives, halved
- 1 ½ cups spinach

In a 1-quart jar, place onion, red wine vinegar and olive oil, seasoning; shake well to distribute. Add ½ cup canned chickpeas (rinsed) and gently shake to coat. Top with 1 cup halved grape tomatoes, ¼ cup crumbled feta, ¼ chopped English cucumber, 2 tablespoons kalamata halved olives and spinach.