

BIG 'OLE ITALIAN SALAD

Katie Simmons

INGREDIENTS

10 MINUTES 6 SERVINGS

- 1/2 medium red onion
- 1 tbsp. dried oregano
- 2 tbsp. red wine vinegar
- 1 jar (3.5 oz) capers
- 1 seedless cucumber
- 1 pint grape tomatoes
- 1 jar (9.5 oz) pitted kalamata olives
- 1 (15-ounce) can chickpeas
- 1/8 tsp. salt
- Dash of black pepper

TAGS

#Easy #glutenfree #healthy #oilfree #paleo #Quick #vegan #vegetarian



1

Gather ingredients.



2

Thinly slice the red onion.



3

In a large mixing bowl, combine the red onion, red wine vinegar, oregano, salt, and pepper. Add a couple tablespoons of the brine from the jar of capers. Drain off the remaining brine and add the capers to the mixing bowl.





4

Thinly slice the cucumber.



5

Slice the olives.



6

Halve the tomatoes.



7

Drain and rinse the chickpeas.



8

Add the cucumber, olives, tomatoes, and chickpeas to the mixing bowl.



9

Stir well to combine.





10

Serve and enjoy. This salad gets even better after it sits for a days. Enjoy at room temperature to really taste all of the flavors.

