RECIPE

Garbanzo Bonanza Salad

Garbanzo beans add just the right sturdy texture to pair with the crunchy and juicy ingredients in this salad.

Makes: 4 Servings

Prep Time: 20 minutes
Chill Time: 1 or more hours

Source: chopchopfamily.org, recipe/ garbanzo-bonanza-salad

Ingredients

- 1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed with cold water
- 1 small cucumber, diced (about 1 cup)
- 1 cup cherry or grape tomatoes, halved
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar or fresh lemon juice
- 1 teaspoon dried oregano
- ½ teaspoon salt

Optional Ingredients

- Feta Cheese
- Black Olives

Directions

1. Put all the ingredients in the bowl and stir well. Now taste the salad. Does it need more vinegar or lemon juice or a pinch more salt? If so, add it and taste again.
2. Refrigerate for 1-24 hours to allow flavors to blend before serving.

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	459
Total Fat:	13.6 g
Saturated Fat:	1.7 g
Cholesterol:	0 mg
Sodium:	319 mg
Total Carbohydrates:	67 g
Dietary Fiber:	19.3 g
Total Sugars:	12.9 g
Added Sugars:	0 g
Protein	21.1 g

Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Colander or strainer
- Medium-sized bowl
- Measuring cup
- Measuring spoons
- Large spoon

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