

Garbanzo Bean Salad

Just Say Yes to Fruits and Vegetables

Garbanzo beans give this salad healthy protein that will keep you fuller, longer!



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Serves 7 ▪ Serving: $\frac{3}{4}$ cup

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This salad gives that fresh summer feel!

Ingredients:

- 2 cups cooked chickpeas
- $\frac{1}{2}$ cup diced red onion
- 1 diced cucumber
- $\frac{1}{3}$ cup diced bell pepper
- 2 chopped tomatoes
- 1 tablespoon vegetable oil
- $\frac{1}{3}$ cup vinegar
- 1 tablespoon chopped fresh oregano (or 1 teaspoon dried)
- Salt and pepper, to taste

Directions:

1. In a large bowl, combine chickpeas, onion, cucumber, bell pepper, and tomatoes.
2. In a small bowl, combine oil, vinegar, oregano, salt, and pepper.
3. Add oil and vinegar dressing to chickpea mixture. Mix well.
4. Serve immediately or chill before serving.
5. Refrigerate leftovers.