

# 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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## Garbanzo Bean Salad

Serves 7 ▪ Serving:  $\frac{3}{4}$  cup

*Just Say Yes* to Fruits and Vegetables

*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.