

MEDITERRANEAN CHICKPEA SALAD

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/6 of salad

Nutrition (per serving)

Calories: 365

Total Fat: 16 g

Saturated Fat: 3 g

Sodium: 235 mg

Total Carbohydrate: 42 g

Dietary Fiber: 11 g

Protein: 14 g



Ingredients

2 15 oz cans chickpeas (garbanzo beans), rinsed and drained

1/4 cup chopped Italian parsley

2/3 cup bell pepper, chopped (use a mix of red, yellow and orange for the most colorful effect)

3/4 cup grape tomatoes, halved

3 green onions, sliced

12 black or kalamata olives, sliced in half

1/3 cup feta cheese, crumbled

DRESSING:

4 Tbsp extra virgin olive oil
2 Tbsp plain yogurt
1 Tbsp lemon juice
1 Tbsp red wine vinegar
1 garlic clove, minced
1/4 tsp cumin
salt and pepper to taste

Directions

1. In large bowl, toss the salad ingredients.
2. In a separate smaller bowl, whisk together the dressing ingredients.
3. Drizzle dressing over salad and stir together to coat well.
4. Refrigerate until ready to serve. Serve chilled.