



Greek Bean Salad

Serves 6-8

1 15oz can	Garbanzo beans (chick peas). Drained and rinsed.
2/3 cup	Minced scallions
3 – 4 cloves	Garlic, chopped fine
1 medium	Ripe tomato, chopped
3 medium ribs	Celery diced (1/2 inch pieces)
3 Tbsp.	Lemon juice
2 ½ Tbsp.	Chopped mint
3 Tbsp.	Fresh parsley
2 tsp. olive oil	
¼ cup feta cheese (optional)	

Mix all ingredients (except cheese) in a bowl. Taste first then and season with salt and pepper. Sprinkle with feta cheese.

Serve on chopped, dark leafy green lettuce.

Recipe adapted from a Whfoods.com/recipes.

Nutritional information:

Total Calories: 170	Total fat: 5g
Saturated fat: 1.4g	Cholesterol: 5.5g
Carbohydrates: 25g	Fiber: 6.5g
Protein: 8.5g	