



Greek Bean Salad

Makes 6-8 Servings

A fresh, flavorful and filling salad for a light nutritious dinner..

1 15 oz can garbanzo beans (chick peas), drained and rinsed.
4 scallions (green onions) chopped fine
3-4 cloves garlic, chopped fine
1 medium ripe tomato, chopped
3 medium ribs celery diced (1/4-inch pieces)
3 tablespoons lemon juice
2 ½ tablespoons chopped mint
3 tablespoons fresh parsley
2 teaspoons olive oil
¼ cup feta cheese (optional)
¼ teaspoon salt and pepper

- Mix all ingredients in a bowl. Taste before seasoning with salt and pepper.
- Sprinkle with feta cheese.
- Serve on chopped, dark leafy green lettuce.

Nutrition Information

Calories: 170

Total fat: 5g

Saturated fat: 1.4g

Carbohydrates: 25g

Fiber: 6.5g

Protein: 8.5g

Recipe adapted from www.Wholefoods.com/recipes