Garbanzo Bean Salad

Also known as chickpeas, garbanzo beans give this salad healthy protein that will keep you fuller, longer!

Just Say Yes
To Fruits & Vegetables

www.foodbankst.org/jsy
GARBANZO BEAN SALAD
Serves 7 • Serving: ¾ cup

Ingredients:
- 2 cups cooked chickpeas
- ½ cup diced red onion
- 1 diced cucumber
- ⅓ cup diced bell pepper
- 2 chopped tomatoes
- 1 tablespoon vegetable oil
- ½ 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.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.