

# GARBANZO BEAN SALAD

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



**food**  
**bank**  
of the Southern Tier

*Just Say Yes*

To Fruits & Vegetables

[www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)



**FIDELIS CARE®**

# GARBANZO BEAN SALAD

**SERVES 7 • SERVING: ¾ CUP**

*Just Say Yes*  
To Fruits & Vegetables

## 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
- ⅓ 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](http://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.