



Garbanzo Bean Salad

Makes about 3 cups

- 15 ounce cans garbanzo beans, rinsed well
- ¼ of a small red or white onion, sliced thinly
or chopped
- 1 stalk celery, diced
- 1 small red bell pepper, diced
- ½ cup chopped cabbage
- Parsley or dill, chopped, cut, or minced
- 2 tablespoons olive oil
- 1 tablespoons lemon juice
- Salt and pepper to taste



Directions

Combine beans with the onion, celery, bell pepper, and cabbage. Mix well. Chop, mince or cut herbs with scissors. Add to salad and toss to mix. Combine olive oil, lemon juice, salt and pepper in a sealable glass jar or in a bowl. Shake to mix well in jar or blend in bowl with a fork or whisk. Add about ½ of dressing to salad and toss to mix. Add more dressing as desired.

NUTRITION INFORMATION PER 1 CUP SERVING:

Calories	217
Total Fat	7 g
Saturated Fat	0 g
Sodium	125 mg
Total Carbohydrate	29 g
Fiber	9 g

Cost per serving: \$1.75

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