Greek Style Garbanzo Salad

Since September is Fruit and Vegetable Month, what better way to celebrate than with a cool salad from the Center for Disease Control and Prevention’s website (www.5ADay.gov). This recipe is perfect to make the night before and refrigerate until supper the following day. It will give time for the flavors to mingle, and when you add some freshly baked whole grain bread, you will have a delicious and healthy meal. To increase the protein content, you can add cubes of mozzarella cheese and almonds or walnuts.

Recipe Summary:
Preparation Time: 2 hours, 10 minutes
Number of Servings: 5
Cups of Fruits and Vegetables Per Person: 1.0

Ingredients:
1-1/2 cups cooked (1/2 cup dry) or 1 can (15 oz) garbanzo beans, drained
1/2 cup thinly sliced red onion
1/2 cup diced tomato
1/2 cup chopped green bell pepper
3 Tbsp rice vinegar or apple cider vinegar
2 Tbsp lemon juice
2 tsp olive oil
2 Tbsp minced garlic
2 Tbsp chopped fresh parsley
salt and pepper to taste

Directions:
Combine all ingredients in a large bowl. Let marinate at room temperature several hours then refrigerate. Or cover and refrigerate overnight.

Contact me and let me know how you liked the salad!

Nancy Rogers, MS, RD
Coordinator, Worksite Wellness Program
UA Life & Work Connections
University of Arizona
## Nutrition Facts

| Greek Style Garbanzo Salad
| Serving Size: 5 servings
| **Amount Per Serving** | Calories: 130 | Calories from Fat: 3%

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<th><strong>% Daily Value (DV)</strong></th>
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^ Percent Daily Values are based on a 2,000 calorie diet.

### Diabetic Exchange**

- **Fruit:** 0
- **Vegetables:** 1
- **Milk:** 0
- **Fat:** 0
- **Carbs:** 1
- **Other:** 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This size rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

** Source:
California Dry Bean Advisory Board

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http://lifework.arizona.edu/wsw/recipes/september2007_recipe.php