

Garbanzo Bonanza Salad

Makes: 4 servings (1 Cup each)

Ingredients

- 1 (15oz) can garbanzo beans, drained and rinsed
- 1 small English cucumber, diced
- 1 cup cherry tomatoes, halved
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar or lemon juice*
- ½ tsp salt

Directions

1. Mix all ingredients in a large bowl. Serve.

Total Cost: \$4.38

Serving Cost: \$1.10

*Cost determined with lemon juice

Source: Chop Chop Magazine



Nutrition Facts	
4 servings per container	
Serving size	1 cup (243g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 379mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

