

## **Greek Chickpea Salad**

16 oz. chickpeas (garbanzo beans), rinsed,  
drained

1 small tomato, seeded, chopped

1/2 cup cucumber, diced, unpeeled

1/3 cup green onions, sliced

1/4 cup Italian parsley, coarsely chopped

2 tbsp. red wine vinegar

2 tbsp. extra-virgin olive oil

1/4 cup feta cheese, crumbled

Black pepper, freshly ground

Combine chickpeas, tomato, cucumber, onions, and parsley in medium bowl. Whisk together vinegar and oil; pour over bean mixture. Toss well. Just before serving, sprinkle with cheese. Serve with pepper. Makes 6 servings.

Nutrition information per serving: calories 146; protein 6 grams; fat 7 grams; sodium 130 mg