

Cucumber & Chickpea Salad with Citrus

Servings: 4

INGREDIENTS

- 3 Tbsp olive oil
- 1 16-oz can garbanzo beans, drained
- ½ cup tomato, chopped
- ¼ cup red onion, diced
- 1 rib celery, sliced
- 1 cucumber, chopped
- 1 teaspoon garlic, chopped
- 2 Tbsp fresh dill, chopped
- 1½ tsp red wine vinegar
- ½ lemon, juiced
- ½ lime, juiced
- Cracked black pepper, to taste
- 1 Tbsp fresh parsley, chopped

DIRECTIONS

1. Heat 2 tablespoons of the oil in a saucepan over medium heat. Stir in beans, cover, and turn off heat. Set aside.
2. Gently toss all remaining ingredients in a large salad bowl. Add beans.
3. Serve topped with additional parsley, if desired.



Recipe courtesy of Today's Dietitian

Nutrition Information

Calories: 228; Total fat: 12 g; Cholesterol: 0 mg; Sodium: 260 mg; Total carbohydrates: 26 g; Dietary fiber: 10 g; Sugars: 3 g; Protein: 6 g