

 **Prep:** 15 minutes  
 **Cook:** 5 minutes  
 **Servings:** 4

# Cucumber and Chick Pea Salad with Citrus

## INGREDIENTS

3 Tbsp olive oil  
1 can (~16 oz) Garbanzo Beans, any  
variety, *drained*  
1/2 cup tomato, *chopped*  
1/4 cup red onion, *minced*  
1 rib celery, *sliced*  
1 cucumber, *chopped*  
1 tsp garlic, *chopped*  
2 Tbsp fresh dill, *chopped*  
1 1/2 tsp red wine vinegar  
1/2 lemon, *juiced*  
1/2 lime, *juiced*  
Cracked black pepper to taste  
1 Tbsp fresh parsley, *chopped*

## DIRECTIONS

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

### Nutrition Information per serving:

Calories 193  
Total Fat 11.5g  
Saturated Fat 1.6g

Carbohydrate 21.3g  
Fiber 4g  
Sugars 4g  
Protein 4.3g

Calcium 72mg (6%)  
Iron 2mg (11%)  
Potassium 393mg (8%)