

Recipe: Mediterranean Diced Salad

Compliments of: Glendale Memorial Heart Center *Serves:* 6

Ingredients:

- 1 19-ounce can of chickpeas (also called garbanzo beans)
- 1 red pepper
- 1 cucumber
- 2 stalks celery
- 1 cup halved grape tomatoes
- Juice of one large lemon, about 1/4 cup
- 1 tablespoon white vinegar
- 2 tablespoons olive oil
- 1/2 cup chopped fresh parsley

Please turn over for directions >



Glendale Memorial
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Directions:

Drain and rinse chickpeas and put in a large mixing bowl. Core red pepper and dice into half-inch squares. Add to bowl. Peel and chop cucumber; slice celery lengthwise and chop. Add to bowl. Add halved grape tomatoes. In a measuring cup or small bowl, whisk lemon juice, vinegar, and olive oil. Pour over salad ingredients. Toss well to coat all ingredients. Add parsley and mix again. Refrigerate until ready to serve. Season to taste.

Each Serving Contains: about 142 calories, 4 grams protein, 6 grams fat, no cholesterol,
18 grams carbohydrate, 5 grams fiber, and 208 mg sodium