

Feta Garbonzo Salad

Makes 4 servings



Ingredients

- 1 can (19 oz) garbanzo beans
- 1/2 cup black olives, drained and rinsed
- 1 red onion, chopped
- 1/2 cup feta cheese, crumbled
- 1/2 cup fresh parsley, chopped

Dressing:

- 1/2 cup vegetable oil
- 1/4 cup lemon juice
- 1/4 tsp black pepper
- 1/2 tsp dried oregano
- 1 tsp of Dijon mustard

Directions

- ☞ In a medium bowl, mix garbanzo beans, olives, onions, cheese and parsley
- ☞ In tightly lidded jar, combine dressing ingredients. Shake well.
- ☞ Pour dressing on salad mixture. Stir.
- ☞ Chill in refrigerator for one hour.
- ☞ Serve in a lettuce lined glass or pottery dish

Nutrients (approximately)

451 Calories per serving,
Fat 30g, Saturated Fat 6g, Cholesterol 16.7mg, Sodium 803mg,
Carbohydrates 2.6g, Fiber 7g, Sugar 3g, Protein 10.3g

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