

CHICKPEA, AVOCADO, FETA SALAD FIT

Serving size: ½ cup

Makes 10 servings

- 8 oz cooked garbanzo beans
- 1-1/2 TBSP olive oil
- 1-12 TBSP lemon juice
- ½ tsp garlic, minced
- 1/8 tsp (pinch) kosher salt
- 1/8 tsp (pinch) black pepper
- ½ each avocado, diced
- 1 cup cherry tomatoes, halved
- 1 small cucumber, diced
- ½ each red onion, small dice
- 2 oz feta, crumbled
- 2 tbsp cilantro, chopped

Preparation:

1. Soak dry garbanzo beans overnight, then cook bean stovetop until tender. Chill. Alternatively, can use canned garbanzo beans; look for low-sat or no-salt-added options to keep sodium in check.
2. In a bowl, whisk together olive oil, lemon juice, garlic, salt and pepper.
3. Toss sliced avocado in dressing to acidulate.
4. In a bowl, toss together garbanzo beans, dressing/avocado mixture, cherry tomatoes, cucumber, red onion, feta and cilantro. Toss until evenly mixed. Serve cold.



NUTRITION FACTS PER SERVING

calories	90
total fat (g)	5
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	90
total carbohydrate (g)	9
dietary fiber (g)	2.5
sugar (g)	2
protein (g)	3