Cucumber and Chickpea Salad

Ingredients:

- 1 can (16 oz) garbanzo beans, rinsed and drained
- 3 tablespoon olive oil
- 1/2 cup tomato, chopped
- 1/4 cup red onion, minced
- 1 rib celery, sliced
- 1 cucumber, chopped
- 1 teaspoon garlic, chopped
- 2 tablespoon fresh dill, chopped
- 1 1/2 tsp red wine vinegar
- 1/2 lemon, juiced
- 1/2 lime, juiced
- Cracked black pepper to taste
- 1 tablespoon fresh parsley, chopped

Directions

1. Gently toss all ingredients in a large salad bowl.
2. Top with additional parsley if desired.

Nutrition Facts

Serving Size (250g)
Servings Per Container 4

Amount Per Serving

Calories 220	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 6g	**24%**
Sugars 6g	
Protein 7g	

Vitamin A 15% • Vitamin C 25%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: reluctantentertainer.com