

Marinated Zucchini and Chickpea salad

Ingredients:

- 1-pound small zucchini or yellow squash, halved and thinly sliced
- 1 1/2 cups cooked chickpeas, rinsed and drained
- 1/2 red onion, chopped
- 1/2 large red bell pepper, chopped into 1-inch long slices
- 2 garlic cloves, minced
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons white wine vinegar
- 1/8 teaspoon black pepper, ground
- 1 tablespoon mint
- 1 tablespoon basil
- 1 tablespoon oregano

Directions

1. Combine all ingredients in a non-metal container.
2. Cover tightly and refrigerate for at least 6 hours, stirring occasionally.
3. Check seasonings and add lemon juice or vinegar to taste. Serve with sprinkled fresh herbs.

Nutrition Facts

Serving Size (244g)
Servings Per Container 4

Amount Per Serving

Calories 290 **Calories from Fat** 120

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **11%**

Total Carbohydrate 39g **13%**

Dietary Fiber 6g **24%**

Sugars 13g

Protein 6g

Vitamin A 6% • **Vitamin C** 25%

Calcium 4% • **Iron** 8%

*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

