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

Source: fatfreevegan.com

Benteh Nuutah Valley Native Primary Care Center | Wellness Center
(907) 631-7630 | southcentralfoundation.com