

Mediterranean Bean Salad



1 (15 oz.) can garbanzo beans, rinsed and drained
3 celery ribs, finely chopped
1 small sweet red pepper, finely chopped
1/2 medium onion, finely chopped
1 Tablespoon olive oil

1 Tablespoon balsamic vinegar
1 Tablespoon Dijon mustard
1/2 teaspoon dried basil
1/8 teaspoon pepper
shredded lettuce
1/2 cup crumbled feta cheese

Instructions: In a large bowl, combine beans, celery, red pepper, and onion. In a small bowl, whisk together oil, vinegar, mustard, basil, and pepper. Add oil mixture to bean mixture and toss to coat. Serve over lettuce and sprinkle with cheese.

Yield: 6 servings

Nutrition Facts (*per serving*): 250 calories, 10 grams fat, 570 milligrams sodium, 31 grams carbohydrate, 2 grams fiber, 11 grams protein

Source: Caitlin Huth, Nutrition & Wellness Educator, Kirby's Kitchen series, 2013