

# Garbanzo Bonanza Salad

Garbanzo beans add just the right sturdy texture to pair with the crunchy and juicy ingredients in this salad.

**Makes:** 4 Servings

**Prep Time:** 20 minutes  
**Chill Time:** 1 or more hours

**Source:** [chopchopfamily.org, recipe/ garbanzo-bonanza-salad](http://chopchopfamily.org/recipe/garbanzo-bonanza-salad)

## Ingredients

- 1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed with cold water
- 1 small cucumber, diced (about 1 cup)
- 1 cup cherry or grape tomatoes, halved
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar or fresh lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon salt

## Optional Ingredients

- Feta Cheese
- Black Olives

## Directions

1. Put all the ingredients in the bowl and stir well. Now taste the salad. Does it need more vinegar or lemon juice or a pinch more salt? If so, add it and taste again.
2. Refrigerate for 1-24 hours to allow flavors to blend before serving.



## Small Changes, BIG Difference!



## Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	459
Total Fat:	13.6 g
Saturated Fat:	1.7 g
Cholesterol:	0 mg
Sodium:	319 mg
Total Carbohydrates:	67 g
Dietary Fiber:	19.3 g
Total Sugars:	12.9 g
Added Sugars:	0 g
Protein	21.1 g

## Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Colander or strainer
- Medium-sized bowl
- Measuring cup
- Measuring spoons
- Large spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$3.34

Average cost/serving: \$.84

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Fresh Grape Tomatoes, 10 oz.



Add 1 to Cart  
Cucumber



Add 1 to Cart  
Chick Peas (15.5 oz. can)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Cover and refrigerate at least 1 hour and up to overnight to let the flavors blend.

### Cooking Tips

- This salad would be a great addition with onions and peppers!
- Extra tomatoes and cucumbers can be used to make a fresh garden salsa or to top a fresh garden salad.