

Greek Garbanzo Bean Salad

Use canned garbanzo beans to make this easy-to-prepare tasty Mediterranean-style salad in a matter of minutes.

Prep and Cook Time: 10 minutes

Ingredients:

- 1 15 oz can garbanzo beans
- 2 cloves garlic
- sea salt and pepper to taste
- 2/3 cup minced green onion
- 1 medium tomato, diced
- 3 TBS parsley, minced
- 2 TBS extra virgin olive oil
- 1 TBS fresh lemon juice
- Optional: 1/4 cup feta cheese
- 1 head romaine lettuce

Directions:

1. Press or mince garlic and let sit for at least 5 minutes to bring out its hidden health benefits.
2. Drain liquid from garbanzo beans and rinse under cold running water; this helps prevent intestinal gas.
3. Mince green onions.
4. Dice tomatoes.
5. Mince parsley
6. Combine all ingredients and serve over a bed of romaine lettuce.
7. Top with feta cheese, if desired.

Serves 2