



Mixed Veggies & Beans

Serves: 7 servings

Preparation: 10 minutes

Cooking: none

Ingredients

2 cups crisp lettuce, chopped
1 cup baby spinach leaves
¼ cup cucumber, sliced
1/3 cup tomatoes, sliced
2 tablespoons fresh green onion, sliced into ¼-inch pieces
1/3 to ½ cup garbanzos, cooked and drained
1/3 cup black olives, slides
¼ cup bell pepper, diced
Light sprinkling of crushed, dried oregano
Lemon-garlic dressing to taste

Directions

- Combine all ingredients except tomatoes.
- Sprinkle with Lemon-garlic dressing to taste (approximately 1 teaspoon dressing per serving).
- Toss to dispense throughout salad.
- Taste to correct tartness and seasoning.
- Carefully fold in tomatoes.



NUTRITIONAL DATA PER SERVING (1 1/4 cup): calories 60.04 | fat 2.66g | saturated fat 0.04g | cholesterol 0mg | sodium 310.71mg | carbohydrates 7.61g | fiber 2.03g | sugars 2.01g | protein 2.16g