

MEDITERRANEAN ZUCCHINI AND CHICKPEA SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Vegetarian

Serves: 1/6 of recipe

Nutrition (per serving)

Calories: 258

Total Carbohydrate: 19 g

Sodium: 514 mg

Protein: 5.6 g



Ingredients

2 cups zucchini, diced

1 (15 oz) can chickpeas (garbanzo beans), drained and rinsed

1 cup grape tomatoes, halved

3/4 cup red bell pepper, chopped

1/2 cup Vidalia or other sweet onion, chopped

1/2 cup feta cheese, crumbled

1/2 cup Kalamata olives, chopped

1/2 cup olive oil



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1/3 cup packed fresh basil leaves, coarsely chopped

1/4 cup white balsamic vinegar

1 Tbsp fresh rosemary, chopped

1 Tbsp capers, drained and chopped

1 clove garlic, minced

1/2 tsp dried oregano

1/8 tsp red pepper flakes

1/8 tsp salt and black pepper, adjust to your taste

Directions

1. Mix all ingredients in large bowl. While chilling is not necessary, it does enhance the blending of flavors.