



## Mediterranean Chickpea Salad

Mix of lettuces with chickpeas, cucumbers, tomatoes, feta cheese and herbs

Yield: 4

6 oz	Lettuce, Spring Mix
4 oz	Lettuce, Romaine, Chopped
1/4 cup	Parsley, Fresh, Chopped
1/4 cup	Mint Bunch, Fresh, Chopped
1-1/2 cup	Cucumbers, Half Moon Sliced
2 cups	Tomatoes, Diced
1-1/2 cup	Beans, Garbanzo, Canned, Drained, Rinsed
2 oz	Cheese, Feta, Crumbled
1/4 cup	Red Onions, Fresh, Julienne Sliced
6 tbsp	Dressing, Greek Feta Vinaigrette



Mix spring mix, chopped romaine and herbs together.

Place all vegetables in a bowl and toss gently with the dressing. Garnish with Feta cheese and red onions.

**Chef's Note:** Add seasonal greens to this salad such as spinach, kale, arugula or frisee.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	% Cal Fat
242.3	9.8	26.2	11.8	13.8	804	3.5	42.3