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| **5-Minute Greek Garbanzo Bean Salad** |

**Prep and Cook Time: 5 minutes   
Ingredients:**

* 2 cups cooked or 1 15 oz can garbanzo beans (BPA-free), preferably organic
* 2 medium cloves garlic, minced or pressed
* 1 medium tomato, diced
* 1/2 medium red onion, chopped
* 2 TBS parsley, chopped
* 1 TBS fresh lemon juice
* 3 TBS extra virgin olive oil
* salt and pepper to taste
* **Optional:**
* 1/4 cup feta cheese
* 6 sliced kalamata olives
* 1 tsp rosemary

**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. Combine all ingredients with lemon juice, olive oil, and salt and pepper to taste.

**Serves 2**