



Rainbow Greek Salad

SERVINGS: 6

PREP TIME: 30 MIN

CHILL TIME: 2-3 HOURS

Ingredients

- 2 medium cucumbers, diced
- 3 cups cherry tomatoes, halved
- 2 bell peppers, diced (any color)
- 1/4 cup diced red onion
- 1 can (15 ounces) white northern beans or chickpeas, drained and rinsed
- Juice from 1 lemon (about 2 tablespoons)
- 1/4 cup finely chopped fresh parsley (or 1 tablespoon dried parsley)
- 1/4 teaspoon salt
- 1/2 teaspoon dried oregano
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar

Nutrition info per
1 cup serving:
169 calories
5 g protein
8 g total fat
1 g saturated fat
22 g carbohydrates
5 g fiber
200 mg sodium

Directions

1. Combine all ingredients in a large bowl and stir until evenly mixed.
2. Cover and chill in the refrigerator for 2-3 hours or overnight.
3. Serve cold as a main or side dish!