

Shirazi Salad

10 Servings • 1 Serving = 1 Cup

Tips for Garbanzo Beans



How To Store

Store them in food-safe storage containers with tight-fitting lids & away from light.



How To Use

Add to salads, soups & chili or use as a side with roasted vegetables.



Health Benefits

Lowers blood sugar levels & promotes healthy cholesterol levels.

INGREDIENTS

- ¼ cup extra virgin olive oil
- 1 Tablespoon lemon juice
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 1 ¼ cups red onion, diced (optional)
- 3 cups Roma tomatoes, finely chopped and seeded
- 4 ½ cups cucumbers, deseeded and cut into small cubes
- ¾ cup flat leaf parsley, finely chopped
- 1 (15 oz) can garbanzo beans, drained and rinsed

DIRECTIONS

- In a large bowl, add olive oil, lemon juice, salt and pepper. Whisk to create an emulsion.
- Add the onion, tomatoes, cucumbers, parsley, and garbanzo beans. Toss to combine.
- Serve immediately or refrigerate for 30 minutes to serve chilled.

Nutrition Facts

10 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 1mg	6%
Potassium 389mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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The Culinary Nutrition Education
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Shirazi Salad

10 porciones • 1 porción = 1 taza

Consejos para los garbanzos



Cómo almacenar

Guárdelos en recipientes aptos para alimentos con tapas herméticas y lejos de la luz.



Cómo utilizar

Agréguelo a ensaladas, sopas y chili o úselo como acompañamiento con vegetales asados.



Beneficios de la salud

Reduce los niveles de azúcar en sangre y promueve niveles saludables de colesterol.

INGREDIENTS

- ¼ de taza de aceite de oliva extra virgen
- 1 cucharada de jugo de limón
- ¼ de cucharadita de sal
- ½ cucharadita de pimienta negra
- 1 ¼ tazas cebolla morada, picada (opcional)
- 3 tazas de jitomates Roma, finamente picados y sin semillas
- 4 ½ tazas pepinos, sin semillas, cortados en cubos pequeños
- ¾ taza de perejil de hoja plana, finamente picado
- 1 lata (425 g) de garbanzos, escurridos y enjuagados

DIRECTIONS

- En un bol grande, añade el aceite de oliva, el jugo de limón, la sal y la pimienta. Batir para crear una emulsión.
- Agrega la cebolla, los tomates, los pepinos, el perejil y los garbanzos. Mezcle para combinar.
- Sirva inmediatamente o refrigere durante 30 minutos para servir frío.

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