

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
- 3 cups Roma tomatoes, seeded and finely chopped
- 4 ½ cups cucumbers, deseeded and cut into small cubes
- ¾ cup flat leaf parsley, finely chopped
- 1-15 ounce can garbanzo beans, rinsed, and drained

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.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsfa.org/recipes



www.chefsfa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

This institution is an equal opportunity provider.

Ensalada Shirazi

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 plato hondo 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.

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.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsafsa.org/recipes



www.chefsafsa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

Esta institución es un proveedor de igualdad de oportunidades.