

Low-Point Garbanzo or Chick Pea Salad

Ingredients:

- 1, 15 oz. can Garbanzo beans, drained
- 1/2 to 1 cucumber, chopped (or 2 stalks celery, chopped) or both! :)
- 18 grape or cherry tomatoes (halved)
- 1/2 red onion, chopped fine (or a little onion powder)
- 24 small, pitted, black olives, drained and chopped
- 2 oz. crumbled fat free Feta cheese
- 1 Tbs lemon juice (optional)
- 1 Tbs olive oil
- seasonings to taste (I used pepper and Goya Adobo All Purpose Seasoning)

Mix all ingredients and serve! How easy is that? :)

Total servings = 4 (1 cup) servings

Serving size = 1 cup

Points per serving = 3.6 (for 1 cup), 1.8 (for 1/2 cup)

***Tip: You can make this salad 3 pts. for 1 cup by using 12 black olives (chopped) instead of 24 and also by leaving out the 2 oz. of Feta cheese and just adding 1 Tbs of it to your portion after you put it on your plate.**

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)