

Tuscan Beans

Recipe Type: Side Dish

Serves: 5

Prep Time: 5 minutes

Cooking Time: 5 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 15.5 oz can of low sodium chickpeas or garbanzo beans
- 4 whole tomatoes, chopped
- 1 T canola oil
- 1 t red wine vinegar
- 1 t dried oregano
- 1/2 t black pepper
- 1/2 t garlic powder
- 5 whole lettuce leaves



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Mix the canola oil, vinegar, oregano, pepper and garlic powder in a small bowl using a whisk.
3. Drain and rinse the garbanzo beans and place them in a large bowl.
4. Add the chopped tomatoes to the beans.
5. Pour the mixture over the beans and tomatoes and stir.
6. Put 1 C of the beans and tomatoes on top of each lettuce leaf.
7. Serve and enjoy!

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 210 **Calories from Fat 60**

%Daily Value*

Total Fat 7 g **11%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 330 mg **14%**

Total Carbohydrate 30 g **10%**

Dietary Fiber 6 g **24%**

Sugars 8 g

Protein 7 g

Vitamin D 0%

Calcium 6%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 4.9

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