

Chopped Greek Salad

SERVES: 6 PREP TIME: 20 min.

Ingredients:

1 hothouse cucumber

4-5 ripe roma tomatoes

1 large red bell pepper

1/2 small red onion

15 oz. can garbanzo beans, rinsed and drained

Optional: olives, dairy-free feta,

pepperoncini, fresh herbs

{For the dressing}

3 Tablespoon red wine vinegar

2 Tablespoon olive oil

2 teaspoon dried oregano

1/4 teaspoon salt



Directions:

- Make the dressing: in a small bowl, combine all ingredients and whisk to combine. Set aside.
- 2. Dice the cucumber, onion, bell pepper and tomatoes (removing any excess liquid from tomatoes).
- 3. Put vegetables and garbanzo beans in a large bowl.
- 4. Add dressing and toss to combine.

Can eat immediately or refrigerate for at least an hour to let flavors combine. Some dressing will settle on the bottom, so stir before serving.

Source: thegardengrazer.com