

tuscan beans with tomatoes and oregano

Prep time: 15 minutes
Cook time: 0 minutes

dine outside on a warm summer evening with this cool and satisfying salad

- 1 can** (15½ oz) low-sodium chickpeas (or garbanzo beans), drained and rinsed
- 2 C** cherry tomatoes, rinsed and halved
- 1 Tbsp** olive oil
- 1 tsp** balsamic vinegar
- 2 Tbsp** fresh oregano, minced (or 1 tsp dried)
- ⅛ tsp** ground black pepper
- ½ tsp** salt-free seasoning blend
- 4** whole inner leaves of romaine lettuce, rinsed and dried

- 1** In a large salad bowl, combine beans and tomatoes.
- 2** In a small bowl, combine olive oil, vinegar, oregano, pepper, and salt-free seasoning blend. Using a wire whisk, beat the ingredients until they blend into one thick sauce at the point where the oil and vinegar no longer separate.
- 3** Pour the dressing over the beans and tomatoes, and mix gently to coat.
- 4** Line four salad bowls with one romaine lettuce leaf each.
- 5** Top each leaf with one-fourth of the bean mixture, and serve.

Tip: Serve with a fresh green salad and crusty bread to soak up the delicious dressing.

Note: If you can't find beans labeled "low-sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help further reduce the sodium level.



yield:

4 servings

serving size:

1¼ C salad

each serving provides:

calories	265	total fiber	10 g
total fat	10 g	protein	12 g
saturated fat	1 g	carbohydrates	35 g
cholesterol	0 mg	potassium	731 mg
sodium	116 mg		