

Garbanzo Salad with Honey-Mustard Dressing

Ingredients:

Salad

- 4 romaine leaves or other dark-leaf lettuce, torn into bite size pieces
- one 7 3/4 ounce can garbanzo beans, rinsed and drained
- 1/4 cup raisins
- 1 small to medium apple chopped into cubes
- 1/2 red pepper, or other sweet pepper, cut into bite-size wedges

Preparation:

1. Toss all salad ingredients in bowl.
2. Using fork, whip mustard and vinegar together in a small bowl. Add oil, honey, and celery seeds.
3. Toss salad with dressing, or serve dressing on the side. Leftover salad keeps best if left undressed.

Makes two 3/4 cup servings

Dressing

- 1 teaspoon mustard, any variety
- 1 tablespoon vinegar (rice, apple cider, balsamic, or raspberry)
- 1 teaspoon olive oil
- 1 teaspoon honey
- 1/8 teaspoon celery seeds



Amount Per Serving	
Calories	195
Calories from Fat 35	
% Daily Values*	
Total Fat	5g 7%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	195mg 8%
Total Carbohydrate	39g 13%
Dietary Fiber	7g 27%
Sugars	22g
Protein	4g
Vitamin A	30%
Vitamin C	70%
Calcium	4%
Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

