

MEDITERRANEAN SUNFLOWER SALAD

Mediterranean Sunflower Salad

Gluten Free, Higher Fiber, Vegetarian

Serves: 1

Nutrition (per serving)

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|--------------------|------------------------|
| Calories: 514 | Total Carbohydrate: 62 |
| Total Fat: 22 g | Dietary Fiber: 14 g |
| Saturated Fat: 7 g | Total Sugars: 12 g |
| Sodium: 789 mg | Protein: 22 g |

Ingredients

- ¼ cup garbanzo beans, drained and rinsed
- ¼ cup kidney beans, drained and rinsed
- 2 Tablespoons hummus (choose gluten free brand for GF version)
- ¼ cup chopped red or green bell peppers
- 1 red onion slice
- ½ cup cooked whole grains – farro, wheat berries or quinoa
- 2 Tablespoons grated carrot
- 2 Tablespoons shredded red or green cabbage
- ¼ cup chopped spinach leaves
- ¼ cup crumbled feta cheese
- ¼ cup chopped cucumber
- 3 cherry tomatoes, halved
- 3 Kalamata olives, sliced
- 1 Tablespoon sunflower seeds

Directions

1. Layer all the ingredients in a bowl, jar with a lid or on a dinner plate.
2. Serve the salad with 2 tablespoons of your favorite homemade vinaigrette dressing. This is a portable salad that you can pack for lunch.