

# MEDITERRANEAN ZUCCHINI AND CHICKPEA SALAD

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Vegetarian*

*Serves: 1/6 of recipe*

## **Nutrition (per serving)**

Calories: 258

Total Carbohydrate: 19

Sodium: 514 mg

Protein: 5.6 g



## **Ingredients**

2 cups zucchini, diced

1 (15 oz) can chickpeas (garbanzo beans), drained and rinsed

1 cup grape tomatoes, halved

3/4 cup red bell pepper, chopped

1/2 cup Vidalia or other sweet onion, chopped

1/2 cup feta cheese, crumbled

1/2 cup Kalamata olives, chopped

1/2 cup olive oil  
1/3 cup packed fresh basil leaves, coarsely chopped  
1/4 cup white balsamic vinegar  
1 Tbsp fresh rosemary, chopped  
1 Tbsp capers, drained and chopped  
1 clove garlic, minced  
1/2 tsp dried oregano  
1/8 tsp red pepper flakes  
1/8 tsp salt and black pepper, adjust to your taste

### **Directions**

1. Mix all ingredients in large bowl. While chilling is not necessary, it does enhance the blending of flavors.