

## **Garbanzo Bean Salad**

1 15 oz can garbanzo beans, rinsed and drained  
1 Tbsp olive oil  
1 tsp lemon juice  
¼ cup plain non-fat yogurt  
1/3 cup fresh cilantro, chopped  
¼ cup red onion, chopped  
3 garlic cloves, minced  
1 tsp ground coriander  
1 tsp cumin  
1 tsp turmeric

In medium mixing bowl, whisk together olive oil, lemon juice, yogurt, coriander, cumin and turmeric, onion, cilantro, and garlic. Add beans and coat evenly. Let sit one hour and serve cold.

Serves 4. Serving size ½ cup.

*Calories 150 Fat 4.5g Carbohydrate 22g Dietary Fiber 4g Protein 7g Sodium 35mg*