

## Mediterranean Salad

4 servings

### *What you need:*

- 1 large tomato, chopped (you can use canned diced tomatoes also)
- $\frac{1}{2}$  cucumber, halved length-wise and sliced
- $\frac{3}{4}$  cup shredded low-fat mozzarella cheese
- $\frac{1}{4}$  cup olives, pitted and halved
- $\frac{3}{4}$  of a 15-ounce can chickpeas (garbanzo beans), drained
- $\frac{1}{4}$  cup low-calorie Italian dressing
- Oregano to taste



### *All you do:*

1. In a medium bowl, combine the tomato, cucumber, cheese, olives, and chickpeas.
2. Add the dressing and toss lightly. Sprinkle with oregano.

Nutrition per Serving : Calories 201, Fat 8 g, Protein 11 g, Carbohydrates 23, Cholesterol 16 mg, Sodium 590 mg