



Ingredients

- ✓ 15oz can garbanzo beans, drained & rinsed
- ✓ 2 cloves garlic, finely chopped
- ✓ ½ cup yellow or sweet onion, thinly sliced
- ✓ 2 med. carrots, scrubbed and grated
- ✓ 1 med. zucchini, quartered lengthwise & sliced
- ✓ ½ sweet red bell pepper, diced
- ✓ ⅓ cup pitted kalamata olives, halved
- ✓ ¼ cup chopped fresh parsley
- ✓ 3 Tbsp. extra virgin olive oil
- ✓ 2 Tbsp. red wine vinegar
- ✓ Zest and juice of half lemon
- ✓ ½ tsp. oregano
- ✓ ½ tsp. salt
- ✓ Freshly ground black pepper (to taste)
- ✓ ¼ tsp. red pepper flak

Preparation

In a medium bowl, combine garbanzo beans, garlic, onion, carrots, zucchini, bell pepper, olives and parsley. In a small bowl mix olive oil, red wine vinegar, lemon zest and juice, oregano, salt, pepper and red pepper flakes. Pour over other ingredients and mix well.