

GREEK-STYLE ZUCCHINI & GARBANZO BEAN SALAD

Culinary Intro:	This delicious and beautiful salad takes advantage of the brightness from fresh herbs, saltiness from olives and feta cheese, and creaminess from garbanzo beans.
Nutrition Intro:	Enjoy this Mediterranean-style salad and feel good about all the nutrients and freshness on your plate.

<p>Prep Time: 30 minutes</p> <p>Ingredients for 4 servings:</p> <p>Each serving = ¾ cup</p> <p>Cost per serving=\$1.16</p> <ul style="list-style-type: none"> • 1 15-ounce can garbanzo beans, rinsed and drained • 1 cup cherry tomatoes, halved • 1 small zucchini, thinly sliced • ¼ cup pitted Kalamata olives, rinsed and drained • ¼ cup feta cheese, crumbled • ¼ cup parsley, chopped • 1 Tablespoon chopped dill • juice of ½ lemon • 1 Tablespoon extra-virgin olive oil <p>Steps:</p> <ol style="list-style-type: none"> 1. In a large bowl, combine the garbanzo beans, cherry tomatoes, zucchini, and olives. Add the parsley, dill and fresh lemon juice. Drizzle in olive oil and stir gently to combine. 2. Crumble feta on top and serve. 	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • olives are a staple food for many Mediterranean countries • olives are the fruit of the olive tree and are brined to make them more palatable and are usually quite salty • there are many varieties of olives; Kalamatas are black, purple and come from the city of Kalamata in Greece <p>Nutrition:</p> <ul style="list-style-type: none"> • Olives are one of the oldest cultivated foods known. • Olives are rich in antioxidant vitamin E and monounsaturated fatty acids. The monounsaturated fatty acids in olives, or healthy-fats, may help reduce “bad” cholesterol (LDL). • Olives are used to make olive oil, due to the nutritional composition of olives (antioxidants & heart-healthy fats); olive oil is considered one of the preferred oils for many cooking applications. • If you are trying to be mindful of your calorie intake, keep in mind that all fats have the same amount of calories, despite their lipid profile. Consume olive oil in moderation.
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • zucchini can be eaten raw; use cucumbers as a substitute <p>Nutrition:</p> <ul style="list-style-type: none"> • Most of the vitamins in zucchini are found in its skin. • Zucchini is a good source of vitamins A & C, potassium and fiber.
	3	<p>Culinary:</p> <ul style="list-style-type: none"> • Mediterranean cuisine relies on fresh herbs to enhance the flavors of foods • fresh herbs can be stored in the refrigerator by wrapping in a moist paper towel and packed in a bag; squeeze the air out before rolling up and change the paper towel every 3-4 days <p>Nutrition:</p> <ul style="list-style-type: none"> • The monounsaturated fatty acids from the olive oil help absorb the lycopene found in tomatoes.
4	<p>Culinary:</p> <ul style="list-style-type: none"> • feta is naturally salty due to the brine and production • traditional Greek feta is made using sheep’s milk, but most US versions use cow’s milk <p>Nutrition:</p> <ul style="list-style-type: none"> • Feta cheese is one of the most popular cheeses in the Mediterranean diet, it has a salty flavor soak feta cheese 	

Nutrition Facts	
Serving Size 3/4 cup (204g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 500mg	21%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 7g	
Vitamin A 15%	• Vitamin C 25%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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- for a few minutes in water to decrease sodium content.
- Feta cheese can also be found in low-fat or fat free version.

Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:

This salad can be made in large batches and kept in the refrigerator for up to 5 days. The flavors develop as the salad sits. Use as a topping for brown rice or stuff inside a whole grain pita pocket for a quick lunch.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. mise en place bowls 5. silicone spatula 6. 1 large salad bowl 7. can opener 8. 1 mesh sieve 9. measuring cups 10. measuring spoons 11. paper plates/ cups/ soufflé cups 12. paper towels 13. tablecloth 14. kitchen towel 15. gloves 16. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pint cherry tomatoes <input type="checkbox"/> 1 small zucchini <input type="checkbox"/> 1 small bunch parsley <input type="checkbox"/> 1 small bunch dill <input type="checkbox"/> 1 lemon 	
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 15-ounce can garbanzo beans <input type="checkbox"/> 1 small jar Kalamata olives 	
	<p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 small container feta cheese 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> plates, napkins, forks 	

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: ½ hour