



## Shirazi Salad

10 Servings • 1 Serving = 1 Cup

### INGREDIENTS

- ¼ cup extra virgin olive oil
- Juice from 1 lemon
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 1 small red onion, diced
- 4 Roma tomatoes, finely chopped and seeded
- 10 Persian (baby seedless) cucumbers, cut into small cubes
- 1 handful flat leaf parsley, finely chopped
- 1 (15 ounce) can garbanzo beans, drained and rinsed

### DIRECTIONS

1. In a large bowl, add olive oil, lemon juice, salt, and pepper. Whisk to create an emulsion.
2. Add the onion, tomatoes, cucumbers, parsley, and garbanzo beans. Toss to combine.
3. Serve immediately or refrigerate for 30 minutes to serve chilled.

### Nutrition Facts

10 servings per container

**Serving size** 1 cup

**Amount per serving**

**Calories** 120

% Daily Value\*

**Total Fat** 7g 9%

**Saturated Fat** 1g 5%

**Trans Fat** 0g

**Cholesterol** 0mg 0%

**Sodium** 120mg 5%

**Total Carbohydrate** 13g 5%

**Dietary Fiber** 3g 11%

**Total Sugars** 4g

**Includes 0g Added Sugars** 0%

**Protein** 5g

**Vitamin D** 0mcg 0%

**Calcium** 63mg 4%

**Iron** 2mg 10%

**Potassium** 424mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[chefs.org](http://chefs.org)

@CHEFSanAntonio

