



RECIPE

October 15, 2010

Marinated Vegetable Salad

- 1- 16 ounce bag frozen mixed vegetable, defrosted
- 1- 15 ounce can chickpeas, rinsed and drained
- 1/3 cup fat free Italian style dressing
- 1/2 cup orange juice
- 1 tbsp olive or canola oil
- 1 tbsp red wine vinegar
- 2 tbsp lemon juice
- 1/2 cup red onion, thinly sliced
- 1/4 tsp Black pepper

1. Combine vegetables and chick peas in bowl
2. In a container with tight fitted lid, shake salad dressing, orange juice, oil, vinegar, lemon juice, onion, and pepper to mix well. Pour over vegetable and bean mixture and mix well.
3. Let marinate for a few hours in refrigerator and serve when ready. Salad lasts for 2 days in refrigerator.

Calories: 60
Protein: 1 gm
Carbohydrate: 9 gm
Total fat: 2.8 gm
Cholesterol: 0.6 mg
Sodium: 86 mg
Exchange: 1 vegetable, 1/2 fat

Taken from *The One Pot Deal Cooking Class*, by Colleen Lammell, RD,LD