

Refreshing Vegetable and Bean Salad

Makes: 8 servings

Ingredients:

- ◆ 1 large zucchini
- ◆ 1 spaghetti squash
- ◆ 1 cup cherry or grape tomatoes
- ◆ 1 cup canned green beans (not pictured)
- ◆ 1 cup garbanzo beans, also known as chickpeas (not pictured)
- ◆ 3 tablespoons olive oil
- ◆ 2 teaspoons dried basil
- ◆ 2 teaspoons thyme
- ◆ 2 teaspoons garlic powder
- ◆ 2 teaspoons cayenne pepper
- ◆ 1 teaspoon salt
- ◆ 1 teaspoon pepper



Photo Credit:
www.lowcarbyum.com

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Method:

- 1) Drain canned green beans and garbanzo beans in colander and let dry.
- 2) Slice squash, zucchini, and tomatoes into halves.
- 3) Place squash, zucchini, and tomatoes into large bowl.
- 4) Combine olive oil, basil, thyme, garlic powder, cayenne pepper, salt, and pepper into separate bowl and mix.
- 5) Once dry, add green beans to the bowl of squash, zucchini, and tomatoes.
- 6) Pour mixture of oil and spices over the vegetables and beans.
- 7) The salad can then be served chilled or at room temperature. Enjoy!

Nutrition Facts

5 servings per container	
Serving size	1.5 cups
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 1014mg	80%
Iron 0.54mg	4%
Potassium 22936mg	490%

*The % Daily Value (DV) 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.



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