

Tuscan Beans with Tomatoes and Oregano

(Serving Size: 4 servings)

Ingredients:

- 1 can (15 ½ oz) low-sodium chickpeas or garbanzo beans, drained and rinsed
- 2 cups cherry tomatoes, rinsed and halved
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 2 tablespoons fresh oregano, minced (or 1 teaspoon dried)
- 1/8 teaspoon ground black pepper
- ½ teaspoon salt-free seasoning blend
- 4 whole inner leaves of romaine lettuce, rinsed and dried



Directions:

1. In a large salad bowl, combine beans and tomatoes.
2. In a small bowl, combine olive oil, vinegar, oregano, pepper, and salt-free seasoning blend. Using a wire whisk, beat the ingredients until they blend into one thick sauce at the point where the oil and vinegar no longer separate.
3. Pour the dressing over the beans and tomatoes, and mix gently to coat.
4. Line four salad bowls with one romaine lettuce leaf each.
5. Top each leaf with one-fourth of the bean mixture, and serve.

Nutritional Analysis: *(per serving)*

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| ▪ Calories: 265 | ▪ Total Fiber: 10 g |
| ▪ Total Fat: 10 g | ▪ Protein: 12 g |
| ▪ Saturated Fat: 1 g | ▪ Carbohydrate: 35 g |
| ▪ Cholesterol: 0 mg | ▪ Potassium: 731 mg |
| ▪ Sodium: 116 mg | |

Source:

National Heart Lung Blood Institute Delicious Heart Healthy Recipes