

# Mediterranean Salad

## Ingredients

1 large tomato, chopped  
1/2 cucumber, halved lengthwise and sliced  
3/4 cup shredded mozzarella cheese

1/4 cup olives, pitted and halved  
3/4 of a 15-ounce can chickpeas, drained  
1/4 cup Italian salad dressing  
Oregano to taste



## Directions

1. In a medium bowl, combine the tomato, cucumber, cheese, olives, and chickpeas.
2. Add the dressing and toss lightly. Sprinkle with oregano.

*Makes 4 servings*

*Nutrition information per serving:  
Calories 201, Fat 8 g, Protein 11 g,  
Carbohydrates 23, Cholesterol 16 mg,  
Sodium 590 mg*