

Broccoli Feta Salad

A Recipe by Chef Walter Staib

Serves: 4

1/3 cup non fat feta cheese, crumbled

1/4 cup nonfat plain yogurt

1 lemon, juiced

1 clove garlic, minced

8 ounces broccoli

1 7-ounce can chickpeas, rinsed well

1/2 cup red bell pepper, chopped

freshly ground pepper, to taste

1/2 red onion, chopped

1 cup grape tomatoes, halved

1/4 cup green onion, chopped

2 pinches dry oregano

1/4 cup walnuts, toasted

Finely chop the broccoli into small pieces.

Whisk feta, yogurt, lemon juice, and garlic in a medium bowl until combined. Season with freshly ground pepper.

Add broccoli, chickpeas, bell pepper, red onion, grape tomatoes, green onion, and oregano; toss to coat. Add walnuts just before serving to maintain their crispness. Serve at room temperature or chilled.

Nutritional Breakdown – Broccoli Feta Salad

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
HH Broccoli Feta Salad	4	179	6.4	0.6	1.4	252	3	22	11