

Greek Salad Wraps With White Beans And Garlic Yogurt

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-white-bean-salad-recipe>

Ingredients:

- 1/2 cup plain Greek yogurt
- 1/2 teaspoon minced garlic
- 1 tablespoon freshly squeezed lemon juice
- 14 1/2 ounces white beans drained and rinsed
- 1 cup cucumber chopped
- 1/2 cup sliced kalamata olives
- 1/2 cup cherry tomatoes halved
- 1 1/2 tablespoons chopped fresh parsley
- 1/4 cup pine nuts
- 1/2 cup crumbled feta cheese
- 1/4 cup red onion minced
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- salt
- pepper
- 3 flatbreads pita

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 20 milligrams
4. Fat: 16 grams
5. Fiber: 8 grams
6. Protein: 17 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 820 milligrams

9. Sugar: 5 grams

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