

Italian Garbanzo Bean Salad

Yield: 7 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/garbanzo-bean-recipe-india>

Ingredients:

- 3/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 tablespoon dried parsley
- 2 teaspoons dried minced onion
- 1 tablespoon lemon juice freshly squeezed
- 1 teaspoon dried basil EACH, dried oregano, salt
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon white granulated sugar
- 2 cans garbanzo beans 16 ounces EACH BUSH'S, drained and rinsed
- 15 ounces black beans BUSH'S, drained and rinsed
- 15 ounces corn drained, or 2 ears of fresh corn
- 1 English cucumber chopped
- 1 red bell pepper diced
- 1 avocado large ripe, chopped
- 1/2 red onion diced
- 1/2 flat leaf Italian parsley 1 full bunch, finely chopped
- salt optional
- cracked pepper optional

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 5 milligrams
4. Fat: 36 grams
5. Fiber: 30 grams
6. Protein: 31 grams
7. SaturatedFat: 5 grams
8. Sodium: 420 milligrams
9. Sugar: 18 grams

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