

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

CHICKPEA SALAD

Chickpeas, or garbanzo beans, are a fantastic source of fiber, which is a mainstay for [cancer](#) prevention, cardiovascular wellness and overall health. Because they are low-glycemic, chickpeas don't require much insulin for their digestion; hence they also are helpful in preventing or controlling diabetes. Red onion, rosemary and tomatoes add an extra dose of antioxidants along with strong, fragrant flavor.

- 2 15-oz. cans chickpeas, drained and rinsed
- 4 tablespoons red [onion](#), chopped
- 1 to 2 teaspoons fresh [rosemary](#), chopped
- 2 teaspoons organic [extra virgin olive oil](#)
- 2 teaspoons balsamic vinegar
- 2 tablespoons fresh parsley, chopped
- 2 small organic tomatoes, diced
- ½ lemon wedge, squeezed
- Sea salt and pepper to taste

Combine all ingredients in a medium bowl and chill for several hours. Serves 4.

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