

Balela

This Middle Eastern bean salad is best served at room temperature but keeps well in the refrigerator for easy snacking.

- 1 (15-ounce) can garbanzo beans, rinsed and drained
- ½ (15-ounce) can black beans, rinsed and drained
- 2 tomatoes, seeded and chopped
- ¾ cup chopped onion
- ¼ teaspoon garlic powder
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- ½ cup chopped parsley
- ½ teaspoon salt
- Coarsely ground black pepper

1. Combine all ingredients; mix well. Let stand 15 to 30 minutes before serving. Serves 4.

Per serving: 270 calories 13g fat, 0mg chol., 10g prot., 29g carbs., 9g fiber, 660mg sodium.

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