

Tuscan Beans w/Tomatoes & Oregano

Serves: 4

Ingredients

- 1 can (15 ½ oz) chickpeas, low-sodium
- 2 cups cherry tomatoes, rinsed and halved
- 1 Tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 2 Tablespoons fresh oregano, minced (or 1 teaspoon dried)
- 1/8 teaspoon ground black pepper
- ½ teaspoon salt-free seasoning blend
- 4 whole inner leaves of Romaine lettuce

In a large salad bowl, combine beans and tomatoes. In a small bowl, combine olive oil, vinegar, oregano, pepper, and salt-free seasoning blend. Using a wire whisk, beat the ingredients until they blend into one thick sauce at the point where the oil and vinegar no longer separate. Pour the dressing over the beans and tomatoes, and mix gently to coat. Line 4 salad bowls with one romaine lettuce leaf each. Top each leaf with 1/4 of the bean mixture, and serve.