

## 5 Minute Greek Salad

5 can sun dried tomatoes in oil, drained and chopped into bite size pieces

1 can garbanzo beans, drained

1 can artichoke hearts, drained and chopped

1 oz package of mushrooms, cleaned and chopped

½ cup red bell peppers (optional)

½ to 1 cup sliced cherry tomatoes

1 can black olives, drained and chopped

Combine all ingredients and eat immediately. If you feel that you need more flavor, next time pour the oil from the peppers over the salad. Another option is to add feta cheese or mozzarella balls. Leftovers are good for about one day in the fridge.

Photo and recipe from “The Heart Smart Diabetes Kitchen” by [canolainfo.org](http://canolainfo.org)

