

Garbanzo Bean Salad

1 (15 oz) can Garbanzo Beans (drained)

1/2 cup Celery (chopped)

1 Tbs Onion (diced)

1 Green or Red Apple (cored and chopped)

1/4 cup Walnuts (chopped)

1/4 cup Mayonnaise (low fat or regular - not salad dressing)

1 Tbs Honey

1/2 tsp Prepared Mustard

1/4 tsp Lemon Juice

Mix together all ingredients. Serve on romaine or ice berg lettuce leaf.

