Mediterranean-Style Salad

Salad lunches are popular along the Mediterranean. They make a complete meal that will carry you through until dinner. The combination of ingredients in this salad can be changed to suit your personal taste. Enjoy!

Prep and Cook Time: 10 minutes
6 cups chopped romaine lettuce  
1/3 of a 3.75 oz can sardines, packed in water  
1/4 cup crimini mushrooms, sliced  
1/2 cup cooked garbanzo beans or canned (no BPA)  
1/4 cup frozen peas  

**Dressing**  
1 TBS extra virgin olive oil  
1 clove garlic, chopped or pressed  
1 tsp lemon juice  

Place lettuce in large bowl and top with remaining ingredients and dressing.

[WHFoods_Mediterranean-Style Salad](http://whfoods.omeka.net/exhibits/show/WHFoods-Mediterranean-Style-Salad)  

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