Green Bean and Chick Pea Salad

Ingridents

fresh green beans, trimmed, cut into	500 g
1 inch (2.5 cm) pieces	
can (19 oz/540 ml) chickpeas drained	1
finely chopped onion	50 ml
vegetable oil	45 ml
vinegar	45 ml
dried basil	5 ml
garlic powder	2 ml
Salt and pepper	
	1 inch (2.5 cm) pieces can (19 oz/540 ml) chickpeas drained finely chopped onion vegetable oil vinegar dried basil garlic powder



This is a delicious way to serve fresh green beans when they are in season. In the winter when fresh vegetables are expensive, use a 10 oz (540 ml) can of cut green beans instead.

Directions

- 1. Turn on stove to high heat. Half fill a large pot with water and heat to boiling. Add green beans and cook until they are crisp-tender, about 5 minutes. Drain
- 2. Put green beans, chickpeas, and onion in a large bowl.
- 3. Mix oil, vinegar, basil, and garlic powder in a small bowl. Add salt and pepper to taste. Pour over the green bean mixture. Mix well.
- 4. Cover and refrigerate. Just before serving, stir gently.

Originally published in "The Basic Shelf Cookbook" and reproduced with permission from the Canadian Public Health Association.



Durham Health Connection Line 905-668-2020 or 1-800-841-2729 durham.ca





