

Recipe – Chickpea Salad

Ingredients:

- 2 25 oz cans chickpeas *
- 1 15 oz can black beans *
- juice of two lemons
- ¼ cup extra virgin olive oil
- 6 cloves garlic, crushed
- salt, if permitted
- ¼ tsp cayenne pepper
- two large tomatoes, diced
- handful cilantro, chopped
- bunch of parsley, chopped

Directions:

Drain beans and rinse the black beans very well.

Whisk the olive oil, garlic, salt, cayenne and lemon juice.

Combine all ingredients.

Serves 10 – 12

* You can of course make this from dried beans but chickpeas take a long time to cook even after soaking over night.