



Landman & Associates, Inc.



Chickpea & Black Bean Salad- Delicious



Serving Size: 1 cup Servings:4
Yield: 4 cups

Summary:

This is a very easy and delicious recipe. It goes great with whole grains or sweet potato, fish or chicken. Various vegetables can be added to this dish: Steamed green beans, carrots, and/or water chestnuts work well for a great crunch. If you do not have time to cook the beans from scratch, use canned beans. There are many good organic brands in the stores with very low sodium. This recipe uses canned organic beans. Beans help lower cholesterol, and control blood glucose. They are a low glycemic food scoring a 30-35 on the glycemic index.

Ingredients:

- 2 15 oz. can of Chickpeas
- 1 5 oz. can of Black Beans
- 2 stalks Celery - organic, chopped fine

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1/2 cup Red Onion - organic, chopped fine
2 T. Olive Oil - organic
1 tsp. Olive Oil with Meyers Lemon(optional)
1/3 c. Lemon Juice (1 whole lemon squeezed)
2 tsp. Umeboshi Vinegar- (an Asian salty acidic pink vinegar-purchased from a health food store or online- alternate ingredient -1 tsp. sea salt)
2 T. Water - Filtered

Directions:

- 1) Chop celery and red onion and add to mixing bowl.
- 2) Rinse canned beans and add to mixing bowl with veggies.
- 3) Add marinade, stir all ingredients together, and your ready to go. Chilling improves flavor. red pepper flakes or black pepper-optional.

Making the Marinade:

- 1) Juice lemon and remove pits. Add to a large cup for mixing the marinade.
- 2) Measure out the oils, water, and umeboshi vinegar (or sea salt) and pour into the cup.
- 3) Stir with a small whisk or fork.
- 4) Pour over beans, mix everything up, cover with saran wrap, and let marinate for 30 - 60 minutes in the refrigerator, if you ave time.

Nutrition Content: 1 cup serving

Calories- 250 Carbs- 40g Protein- 14g Fiber- 12g Fat- 6g Iron- 1g Zinc- 1g Calcium - 75 mg Sodium - 450mg

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