

RECIPE



CHICK PEA AND TOMATO SALAD

INGREDIENTS:

- (1) 15 oz. can of garbanzo beans, drained and rinsed
- 10 lg grape tomatoes, finely diced
- 2 tbsp capers, drained and rinsed
- 1 stalk of celery, finely chopped
- 3 tbsp extra virgin olive oil
- freshly ground black pepper
- flat leaf parsley, chopped

DIRECTIONS:

In a medium bowl, place the drained and rinsed garbanzo beans, diced tomatoes, capers, chopped celery and parsley and mix well until all the ingredients are combined.

Add the extra virgin olive oil and freshly ground black pepper and stir to combine. At this point you can taste to see if you would like to add a pinch of salt, but most of the time the capers give enough of a salty bite to the salad.

