

GREEN BEAN AND CHICKPEA SALAD

Serves 4 | Prep: 15 mins | Cook: 10 mins

Difficulty level: Easy



INGREDIENTS

- 2 cups fresh or frozen green beans, 1 inch pieces (or one 19 oz can of green beans, drained and rinsed)
- 1 (19 oz) can chickpeas, drained and rinsed (or 2 cups cooked dried chickpeas)
- ¼ cup onion, chopped
- 3 tablespoons oil, of choice
- 3 tablespoons vinegar
- 1 teaspoon dried basil
- ½ teaspoon garlic powder
- Salt and pepper, to taste

INSTRUCTIONS

1. Bring a medium pot of water to a boil. Cook green beans until slightly tender, about 5 minutes. Drain. (Skip this step if using canned beans)
2. In a large bowl, combine green beans, chickpeas, and onion.
3. In a small bowl, combine oil, vinegar, basil, garlic powder, salt, and pepper.
4. Pour dressing mixture over green beans, chickpeas, and onions. Mix to combine.
5. Refrigerate until cold before serving.

For more information, visit thefoodbank.ca/food

Recipe adapted from *The Basic Shelf Cookbook, 1994*

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