

Herbal Legacy Recipes

Chick Pea Salad

You can use this scrumptious Chick Pea Salad just as you would a traditional Chicken Salad recipe.

INGREDIENTS:

- 2 cans (drained and rinsed) or 4 cups slightly chopped Chick Peas (Garbanzo beans)
- 1 cup chopped celery
- 1 cup thinly sliced green onions
- 2 T. freshly squeezed lemon juice
- 2/3 cup Almonnaise or other mucusless salad dressing
- 1/3 cup chopped green bell pepper
- 1 T. brown or regular mustard
- 1/4 t. black pepper
- 1/4 t. garlic salt



DIRECTIONS:

In a mixing bowl combine Chick Peas, celery, green onions, lemon juice, and black pepper. Stir in Almonnaise, green pepper and mustard.

Cover. Chilling for an hour or so is recommended, but you don't have to wait to enjoy this delicious Salad.

Looks beautiful served on a bed of salad greens or sprouts. Also works great as a sandwich filling.

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