

THREE BEAN SALAD

Makes 2 servings

INGREDIENTS

- 1 15oz can chickpeas, rinsed and drained
- 1 15oz can cannellini beans, rinsed and drained
- 1 15oz can kidney beans, rinsed and drained
- 1/2 red onion or 2 shallots, small diced
- 3 celery stalks, leaves removed and thinly sliced
- 1 bunch parsley, stems removed, finely chopped
- 1 jar/container pesto
- 1 lemon, juiced

Salt and pepper, to taste

Optional: jalapeño peppers, thinly sliced

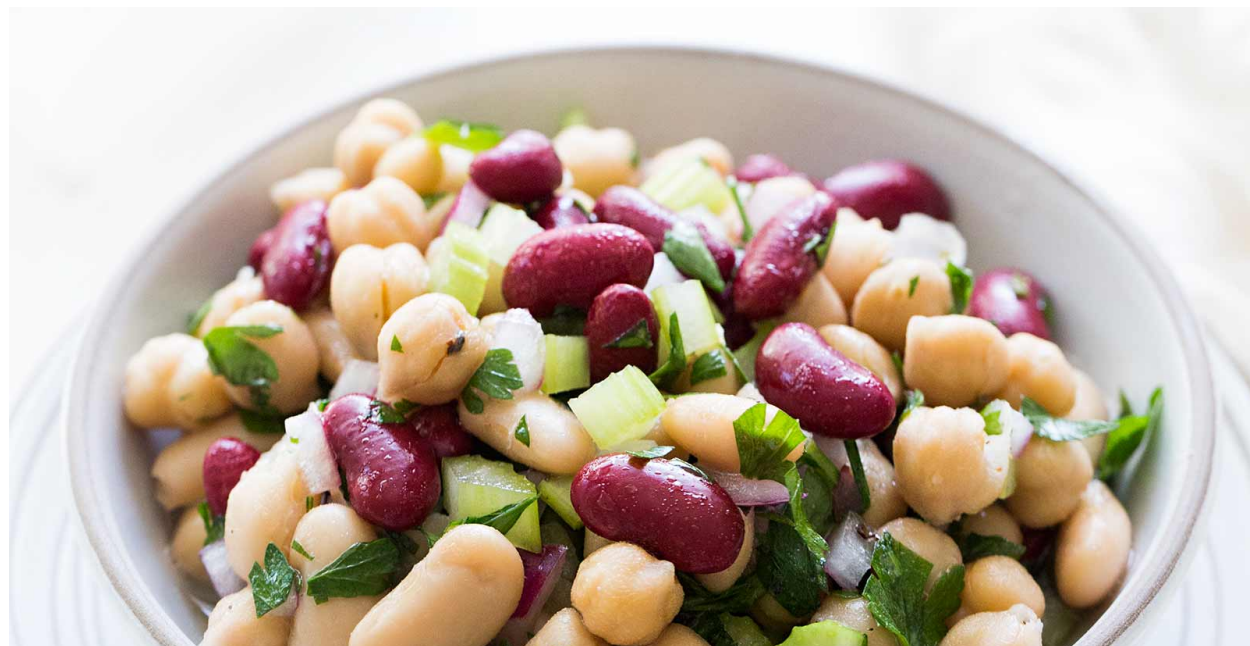
Optional: a sprinkle of tajín, as a garnish.

NOTES

You can replace the cannellini beans or kidney beans with black beans, green beans, or any kind of wax beans. Oregano, mint, radish, and cucumber would all be welcome additions to this salad - use what you want, and what you have!

DIRECTIONS

1. Drain and rinse the beans. Place drained beans into a large salad bowl or large mixing bowl.
2. Small dice red onion. If you prefer less onion taste, allow diced onion to sit in small bowl of water for a few minutes. Add to bowl.
3. Remove and reserve celery leaves; if you like the taste, you can use them as garnish. Thinly slice celery stalks and add to bowl.
4. Finely chop parsley. If you don't mind the taste of the stems, finely mince them. Add to bowl.
5. Pour pesto over ingredients. Juice lemon directly into bowl, using your fingers to prevent seeds from going in.
6. Gently mix ingredients together until everything is coated with pesto and lemon juice.
7. Salt and pepper to taste - be careful not to squish beans. Garnish with celery leaves and enjoy!



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FUN FACTS ABOUT CHICKPEAS

Chickpeas are known by many different names all over the world: garbanzo beans, bengal grams, Egyptian peas, ceci beans, and Kabul chana.

Chickpeas are called chickpeas because of their unique shape that resembles the beak of a baby chick.

When harvested fresh, chickpeas are bright green.

Chickpeas come in a variety of colors - black, green, red, brown - not just the beige variety we typically see in the United States.

There is evidence that chickpeas were cultivated in the Middle East as early as 7500 BCE. Chickpeas quickly spread all over the world, consumed in many ancient civilizations, including Egypt, Greece, and Rome.

Chickpeas are not just a valuable crop - their leaves contain a natural insecticide! They provide a natural method of breaking the disease cycle in wheat and barley crops, meaning less fungicide and less insecticide.

Chickpea plants restore soil health - they help develop nitrogen in the soil. They require little to no fertilizer while enhancing soil fertility, and they do not require irrigation.

Chickpeas are a great source of soluble and dietary fiber, which helps maintain a healthy digestive system. Chickpeas also make you feel full for longer, a great help with diets!

Chickpeas contain a large number of antioxidants, vitamins, and minerals, including: folate, magnesium, vitamin B6, vitamin C, iron, potassium, calcium, phosphorous, and zinc.

Chickpeas are high in protein, and thus are a good meat replacement.

India produces the most chickpeas, with almost 8 million tons, with Australia coming in second with just under 1 million.

Chickpeas are very versatile to cook with - they can be eaten raw or cooked, roasted, grilled, steamed, baked, fried, sautéed, and even ground like in hummus.

Dried ground chickpeas have been used as a coffee substitute for 200 years - they are still used as a common caffeine-free alternative.