



Summer Salad for 5



What?

- 1. Cherry tomatoes (halved) 5 cups
- 2. Pitted whole olives (any kind, halved) 2 cups
- 3. Peeled and diced English cucumbers 3 cups
- 4. Organic canned garbanzo beans or soaked overnight and cooked 2 cans or 2 cups
- 5. Chopped fresh herb mix (cilantro, mint, basil) 1 cup
- 6. Salt, pepper
- 7. Juice of two limes

How?

- 1. Pre-heat oven to 425F
- 2. Drain garbanzo and spread in baking tray, bake at 425F for 25 mins
- 3. Mix the rest of the ingredients
- 4. Add the oven roasted garbanzo
- 5. Enjoy the juice, crunchy summer salad!!