

MUSHROOM & CHICKPEA SALAD

INGREDIENTS

- 1 can Chickpeas (Garbanzo beans) (drained) (rinsed)
- 6 White mushrooms (sliced)
- 1/4 C Red peppers (seeded) (chopped)
- 1/4 C Red onion
- Non-stick cooking spray
- Garlic spray

- 1 T Parsley (fresh) (chopped)
- 2 T Extra virgin olive oil
- 1 T Red wine vinegar
- Salt & pepper to taste



COOKING INSTRUCTIONS

- 1 Spray a medium sized sauce pan with non-stick cooking spray & then with garlic spray
- 2 Add the mushroom, peppers & onions
- 3 Saute on a medium heat until vegetables have softened & mushrooms are reduced in size

DIRECTIONS

- 1 Allow vegetables to cool fully & then chop into pieces that are smaller than the chickpeas
- 2 Combine the chickpeas with the vegetables in a bowl
- 3 In a separate bowl whisk together the oil, vinegar & seasoning to taste
- 4 Toss the dressing with the salad & toss again after adding the parsley
- 5 Refrigerate the salad for at least 30 minutes before serving

NOTE

If you don't have garlic spray, the add 1 clove of garlic (minced) when you saute the vegetables

