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Simply Seasonal

Garbanzo Hazelnut Salad

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Garbanzo Hazelnut Salad

Ingredients

1-15 oz. can or 2 c.
cooked garbanzo beans*
2/3 c. chopped roasted
hazelnuts*
Lettuce leaves*

LEMON DRESSING

Juice of one fresh lemon
¼ cup olive oil
2-3 cloves of garlic*,
minced
1 t. salt

*can be found locally

Directions

1. In a large bowl, mash garbanzos until they resemble coarse crumbs.
2. Stir in hazelnuts, and set aside.
3. For the Lemon Dressing, combine lemon juice, olive oil, garlic and salt.
4. Add the dressing to the bean mixture, and stir until well combined.
5. Spoon onto a bed of lettuce, and serve.