

Garbanzo Bean Salad

by Mitra Javanmardi, ND

1 large can of garbanzo beans (or soak 2 cups of beans until starting to sprout - about 24 hours) drain well to remove gas from the beans

4 shallots

½ cup cilantro

½ red pepper and ½ orange pepper

1 clove garlic

½ cup greek olives

2 tsp soy sauce

½ cup sun dried tomatoes in olive oil

1 tsp olive oil

2 tsp balsamic vinegar

Chop ingredients and combine.