



Mediterranean Bean Salad

Ingredients:

- 1 (15 ounce) can garbanzo beans (chickpeas) drained
- 1 cucumber, chopped (skin on – you can remove the seeds if desired)
- 1 cup grape tomatoes, halved
- 1 cup finely sliced kale, spinach or mixed greens.
- ½ cup finely chopped red onion
- 2 Tablespoons finely chopped Kalamata Olives
- 3 Tablespoons of Lemon-Lime dressing (see below)
- 1 Clove garlic, Minced
- 1 Tablespoon Chopped Fresh Parsley
- 1 Teaspoon Chopped fresh thyme
- Season to taste with Sea Salt and Ground Pepper

Directions: Combine all ingredients in a large bowl. Chill at least 1 hour before serving.

Lemon-Lime Dressing

Ingredients:

- ½ cup fresh organic lemon Juice
- ½ cup fresh organic lime juice
- 2 cloves of garlic
- 1-inch knob of ginger, peeled
- 1 ½ tablespoons raw honey
- 2 Tablespoons Stone Ground Mustard

Directions: Combine all ingredients into a blender until smooth.

Traditions ~ A Longevity Zone Project

By [Whole Foods 4 Healthy Living](#) ~ Winter Haven, Florida

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