



grounded
HEALTH & WELLNESS

Balela Salad

Modified from Simple Veganista

Serves 6

Ingredients

2 cans (14 oz.) garbanzo beans, drained and rinsed
1/2 can (7 oz.) black beans, drained and rinsed
2 ripe slicing tomatoes (or equivalent cherry tomatoes), diced
1/4 red onion, diced
1/2 English cucumber, diced
2 cloves garlic, minced
1 Tablespoon fresh mint, minced
1/2 - 1/4 cup fresh parsley, minced
1 teaspoon sumac
1–4 Tablespoons olive oil (I used a garlic infused olive oil)
Juice of 1 large lemon
salt & fresh cracked pepper, to taste

Directions

In a large mixing bowl, combine the chickpeas, black beans, tomatoes, onion, cucumber, garlic, mint and parsley. Add the sumac, a good drizzle of olive oil, lemon juice, salt and pepper. Mix well to combine.

Serve at room temperature or chilled. Store leftovers in an airtight container in the refrigerator for up to 5 days.

This salad is perfect in pita bread that's been slathered with hummus and layered with arugula. Alternately, you can add a large handful of arugula to the salad and serve with pita bread and hummus on the side.

Note:

Try adding a dash of cayenne pepper or red pepper flakes for a little heat.