

BEST BEAN SALAD

OLIVE OIL

FISH SEASONING-(XMAS SHOP CARRIES IT)

4 GARLIC CLOVES (MINCED)

1 MED ONION (VEDALLIAN / SLICED)

1 CUP DARK RED KIDNEY Bean

1 CUP LIMA Bean

1 CUP CHICK PEAS

1 CELERY (STALK)

5 FLORETTES=BROCCOLI / HANDFUL / CHOPPED

5 FLORETTES=CAULIFLOWER / HANDFUL / CHOPPED

2 FRESH CHIVES / CHOPPED

GARLIC SPROUTS

EXTRA VIRGIN OLIVE OIL

STEP ONE

RED KIDNEY BEANS AND LIMA BEAN CANS SHOULD BE EQUAL IN SIZE. CHICK PEAS USE A SMALL CAN.DRAIN LIQUID. AN EXTREME SMALL AMOUNT OF LIQUID MAY BE USED WITH BEANS.

STEP 2

CHOP ONION, FRESH GARLIC, CHIVES.

MIX ALL INGREDIENTS IN A BOWL. ADD SEASONING, (FISH SEASONING), OLIVE OIL.

OPTIONAL: TARRAGON AND LEMON PENNE SALAD

1-CUP PENNE PASTA – 10 min cook time or until tender

FETA CHEESE – flavored or plain

SUNDRIED TOMATOES / crumbled

GREEN OLIVES & GREEK OLIVES

1 SCALLION / SLICED

1/3 PEPPERS / ANY COLOR /SLICED

1 CARROT

PARSLEY

OREGANO

BASIL

2 TS GARLIC CHOPPED

BLK GRND PEPPER

OLIVE OIL / LOTS

STEP 1

PLACE ½ POT OF WATER IN A POT. ADD OLIVE OIL AND A LITTLE SALT. WHILE WATER IS GETTING HOT, START CHOPPING VEGGIES.

STEP 2

PENNE SHOULD BE FIRM. PUT IN COLANDER AND RINSE WITH COLD WATER. WHILE STILL IN THE SIVE, ADD LOTS OF OLIVE OIL AND GROUND PEPPER, SHAKE AGAIN, THEN ADD PENNE TO VEGGIE.

STIR WELL.

OPTIONAL: CHOPPED BROCCOLI OR ANY OTHER VEGGIE. BEST SERVED COLD.