

Garbanzo Bean Salad with Red Curry and Tomatoes

Carolyn T's
Main Cookbook

Servings: 6

Author: From 5secondrule.com blog 8/09



Notes: Garbanzo beans are woefully underutilized pantry ingredients, in my very humble opinion. In this salad, they star alongside fresh summer tomatoes and a handful of Thai flavorings. Healthy, quick, and tasty. Nothing more, nothing less.

Description: From 5secondrule.com Aug 09

1. In the bottom of a large salad bowl, whisk the red curry paste, coconut milk and lime juice until very smooth. Season with cumin and salt.
2. Stir in the chickpeas, cilantro, mint, sugar, and tomatoes. Give a final stir, and serve immediately, or allow the flavors to meld for a few hours in the refrigerator.

1 tablespoon Thai red curry paste, from a jar found in the Asian aisle of most supermarkets, or 3 T. Thai red curry sauce

1/4 cup light coconut milk

1 tablespoon lime juice, or lemon juice

1/2 teaspoon cumin

1/4 teaspoon kosher salt

30 ounces canned garbanzo beans, drained and rinsed well

3 tablespoons chopped fresh cilantro

3 tablespoons chopped fresh mint

3/4 teaspoon sugar (Splenda works too)

3 small tomatoes, any variety (mixed colors look nice), chopped

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 256 Calories; 4g Fat (15.0% calories from fat); 13g Protein; 43g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 98mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.