

Fava Beans Salad

Ingredients:

- 1 19oz can fava beans*
- 1 red pepper (diced)
- ½ cup onion (julienned)
- Lemon juice* to taste
- Salt* and pepper* to taste
- ¼ cup extra virgin olive oil*
- 2 tbsp chopped parsley



Drain fava beans and place in large saucepan. Add the water and bring to a boil, lower heat, cover and cook slowly for approximately 10 minutes, or until tender. Drain well. Place beans in a salad bowl and then add all remaining ingredients. Toss and serve.

** These items are available at the Mid-East Food Centre*