



Garbanzo Beans Salad



2 (15.5 oz.) Cans Garbanzo beans (I use S&W Garbanzo Beans – 15.5 oz can)

1/2 Cup Bermuda onion (chopped)

4 oz. Sundried tomatoes (I use half of an 8 oz. jar of Mezzetta Sun-Ripened Dried Tomatoes)

¼ Cup roasted red bell pepper (minced) I use 16 oz. jar of Mezzetta Roasted Bell Peppers)

1 Clove garlic (crushed)

2 ½ Tbsp. red wine vinegar

¼ Cup canola oil or light olive oil

Salt and White pepper to taste

Small bowl

Medium bowl

Whisk

Large Slotted spoon

Colander

Before You Start- in a colander rinse and drain garbanzo beans and pour into medium bowl.

Let's Make it!

Add onions, tomatoes and bell pepper to beans. In small bowl combine oil, vinegar, garlic and salt and pepper, whisk well to combine. Pour over prepared garbanzo mix. Toss well with a slotted spoon. Cover to refrigerate for minimum of 2 hours. Using a slotted spoon serves 4 small eaters or 2 hungry eaters.

Katies Tid Bits* use remaining liquid for basting a cut in half zucchini before baking!

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