

Colorful and Tasty Mediterranean Vegetable Salad (4 Servings)

Ingredients:

- 2-15 oz can Garbanzo Beans (do not drain; the liquid helps the salad)
- 1 green bell pepper diced into 1/2" cubes
- 1 finely diced jalapeno pepper
- 2 medium-sized tomatoes diced into 1/2" cubes
- 10-12 halved stuffed Queen Olives (or your favorite olive variety)
- 2 stalks of fresh celery chopped
- 1/2 medium onion chopped (yellow or red onion - your preference)
- Finely chopped pimentos (optional)

Seasonings:

- Pinch of salt (to taste & health recommendations)
- 1/2 teaspoon black pepper
- 1/2-1 teaspoon turmeric
- 1 teaspoon fresh parsley
- 1 teaspoon fresh thyme (or 1/2 teaspoon of dried thyme)

Preparation:

In a large bowl, add the beans and diced vegetables and mix gently. Separately mix your seasonings in a small bowl. Finally, add the seasonings to the salad while gently stirring the vegetables. Best served after chilling in refrigerator for 20 minutes allowing the vegetables to marinate in the seasoned liquid. Enjoy!