

## GREEN PEA SALAD

### *Ingredients:*

1 cup green peas, with pods  
1 cup chickpeas, cooked or canned  
1 cup kidney beans, cooked or canned  
1 small red onion, chopped  
2 celery stalks, chopped  
½ cup chopped parsley  
4 Tbsp olive oil  
2 Tbsp vinegar  
Salt

### *Instructions:*

- Mix all the ingredients in a medium bowl.
- Season with your favourite herbs and spices.
- Let stand in the fridge for an hour before serving.

Serves 4 to 6 people

**Tip:** substitute the peas or beans with a whole grain. Choose from millet, quinoa, brown rice, or barley.



### **For more information**

Visit [www.pulsecanada.com](http://www.pulsecanada.com) to find cooking tips, recipes, health advice and videos pertaining to legumes grown in Canada.