

# Green Bean and Chick Pea Salad



## Ingredients

1 lb	fresh green beans, trimmed, cut into 1 inch (2.5 cm) pieces	500 g
1	can (19 oz/540 ml) chickpeas drained	1
¼ cup	finely chopped onion	50 ml
3 Tbsp	vegetable oil	45 ml
3 Tbsp	vinegar	45 ml
1 tsp	dried basil	5 ml
½ tsp	garlic powder	2 ml
	Salt and pepper	

This is a delicious way to serve fresh green beans when they are in season. In the winter when fresh vegetables are expensive, use a 10 oz (540 ml) can of cut green beans instead.

## Directions

1. Turn on stove to high heat. Half fill a large pot with water and heat to boiling. Add green beans and cook until they are crisp-tender, about 5 minutes. Drain
2. Put green beans, chickpeas, and onion in a large bowl.
3. Mix oil, vinegar, basil, and garlic powder in a small bowl. Add salt and pepper to taste. Pour over the green bean mixture. Mix well.
4. Cover and refrigerate. Just before serving, stir gently.

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# Stir-Fried Vegetables



## Ingredients

1 ½ cups	small pieces of broccoli	375 mL
1 tsp	vegetable oil	5 ml
1 cup	thinly sliced onion	250 mL
1 cup	thinly sliced carrot	250 mL
1 cup	thinly sliced celery	250 mL
2 tsp	corn starch	10 mL
3 Tbsp	cold water	45 mL
1 to 2 Tbsp	soy sauce	15 to 30 mL
	Ground pepper	

Use different vegetables when they are a good buy. For example, in summer use green pepper, zucchini, or green beans instead of onion, carrots or celery.

## Directions

1. Turn on stove to high heat. Half fill a medium saucepan with water and heat to boiling. Cook broccoli in boiling water for 3 minutes. Drain. Put broccoli in cold water and drain again.
2. Turn on stove to medium-high heat. Heat oil in a large frypan. Add broccoli, onion, carrots and celery. Stir-fry until vegetables are crisp-tender, about 6 to 8 minutes.
3. Mix corn starch, water, and soy sauce in a small bowl. Stir into vegetables. Cook and stir until sauce boils and thickens. Add pepper to taste. Serve right away.

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