

Herbal Legacy Recipes

Pesto Bean Salad

Submitted by Ginger Conrad

INGREDIENTS:

- 1 ½ c. basil
- 1 clove garlic
- ¼ c. almonds
- 2 T. olive oil
- Pinch salt
- ¼ c. water
- 2 T. nutritional yeast



DIRECTIONS:

1. In a blender or food processor, process the above until smooth.
2. Then toss it with the following:
 - 1 1/2 c. cooked garbanzos or other beans
 - 1 1/2 c. cooked white beans or other beans
 - 2 c. chopped raw or lightly steamed veggies (IE zucchini, summer squash, carrot, green beans, wax beans, spinach, bell peppers, peas, asparagus, etc.)
3. Garnish with sliced almonds.
4. Serve with steamed veggies on the side.

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