

Summer Salads

Summer Squash/String Bean salad with Chickpeas 6 servings/ 140 cal, 3gm fat

2 small yellow squash

2 cups fresh string beans, cut into 1 inch pieces

1 (15oz) can chickpeas, drained and rinsed

2 scallions, finely chopped

2 tablespoons vegetables oil

Juice of ½ lemon

2 tablespoons vinegar

Dark green lettuce or spinach leaves

Dash of salt and pepper to taste

Fresh oregano and cilantro, if available (perfect for growing on a window sill.)

1. Cut squash in half lengthwise and slice them ¼ inch thick.
2. Steam them with the string beans until they are tender crisp (about 3 minutes).
3. Rinse the vegetables immediately under cold water and allow to drain for a few minutes in a colander.
4. Combine the squash and string beans in a large serving bowl along with the remaining ingredients, except the lettuce.
5. Toss well, cover and refrigerate for a few hours.
6. Stir to mix the flavors and spoon each serving on a few lettuce leaves.