Minted Garbanzo Bean Salad

This salad can be kept in your refrigerator for a few days getting more flavorful as it marinates. It's a great lunch or dinner addition to your Healthiest Way of Eating.

Prep and Cook Time: 15 minutes
2 medium fresh tomatoes, seeds and excess pulp removed, chopped into 1/2-inch pieces
2 cups peeled diced cucumber, (cut lengthwise and scoop out seeds), diced into 1/2-inch pieces
1/2 medium onion, finely minced
2 medium cloves garlic, pressed
2 cups garbanzo beans or 1 15oz can garbanzo beans (BPA free), rinsed and drained well
3 TBS fresh lemon juice
2-1/2 TBS chopped fresh mint
2 TBS extra virgin olive oil
salt and cracked black pepper to taste
1 medium head romaine lettuce, use tender whole leaves for bed

Mince onion and press garlic and let sit for 5 minutes to bring out their health-promoting benefits.
Mix all ingredients except lettuce together and chill. This is best if it chills for at least 15 minutes. Serve on a bed of lettuce.

Source: here

Healthy Food Tip

More often than not, a mention of mushrooms invariably is accompanied by dire warnings of possible illness. Are mushrooms indeed that dangerous?

Yes, mushrooms can sometimes be dangerous to consume, and it is very important
to know which mushrooms are dangerous and which ones are not. You're very unlikely to find dangerous mushrooms in your local grocery. The mushrooms that you find in a market such as crimini mushrooms, button mushrooms, shiitake mushrooms, maitake mushrooms, lobster mushrooms, oyster mushrooms, porcini mushrooms, and others are edible. The ones that you need to be concerned about are those that you find wild in nature, like those that you may come across during a hike. Unfortunately, many of these wild mushrooms look exactly like the store-bought mushrooms that you are familiar with from your local grocery, but they may be toxic and unsafe to eat. Unless you are with an experienced mushroom forager, are absolutely certain about identification of mushrooms, and know for sure which mushrooms are safe to eat, it is always advised not to pick wild mushrooms.
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