

Balela Salad

Jacob · 29/09/2024



Prep Time

10

Difficult

Medium

Servings

N/A

Description

This balela salad is a Middle Eastern style bean salad that is full of flavor

Ingredients

- - 2 (15 ounce) cans garbanzo beans
- drained and rinsed - 2 (15 ounce) cans black beans
- drained and rinsed - ½ cup (packed) chopped fresh mint - ½ cup (packed) chopped fresh parsley - ½ cup chopped onion - 1 pint grape tomatoes
- halved - 1 jalapeño pepper
- finely chopped - 1 clove garlic
- minced - ¼ cup olive oil - 3 tablespoons lemon juice - 5 tablespoons apple cider vinegar - salt and ground black pepper to taste

Instructions

1. Mix together garbanzo beans
2. black beans
3. mint
4. parsley
5. onion
6. and grape tomatoes in a large salad bowl until well combined. Place jalapeño pepper
7. garlic
8. olive oil
9. lemon juice
10. and apple cider vinegar into a blender. Blend until dressing is thoroughly combined. Pour dressing over salad and toss to mix. Sprinkle with salt and black pepper to serve.