



Recipes for Change



Garbanzo Bean Salad

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Ingredients

- Garbanzo beans from a 15 oz. can
- 2-3 stalks of Celery
- 1 red, orange, or yellow pepper
- 1 green apple
- 1 bunch of green onions
- 1/3 cup of mayonnaise (to taste)
- 1/2 teaspoon of onion salt
- Juice from a lemon (optional)

Mix ingredients in together and enjoy!