

Garbanzo Bean Salad with red curry and tomatoes

Garbanzo beans are woefully underutilized pantry ingredients, in my very humble opinion. In this salad, they star alongside fresh summer tomatoes and a handful of Thai flavorings. Healthy, quick, and tasty. Nothing more, nothing less.

Makes 4 to 6 servings

1 tablespoon Thai red curry paste (from a jar; found in the Asian aisle of most supermarkets)

1/4 cup light coconut milk

1 tablespoon lime juice

1/2 teaspoon cumin

1/4 teaspoon kosher salt

2 cans chickpeas (garbanzo beans), drained and rinsed well

3 tablespoons chopped fresh cilantro

3 tablespoons chopped fresh mint

3/4 teaspoon sugar

3 small tomatoes, any variety (mixed colors look nice), chopped

In the bottom of a large salad bowl, whisk the red curry paste, coconut milk and lime juice until very smooth. Season with cumin and salt.

Stir in the chickpeas, cilantro, mint, sugar, and tomatoes. Give a final stir, and serve immediately, or allow the flavors to meld for a few hours in the refrigerator.