

Two Bean Salad

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

- 3 #10 cans chickpeas, drained and rinsed (31½ cups)
- 2 #10 cans kidney beans, drained and rinsed (18¾ cups)
- 5 dozen scallions, trimmed and sliced very thin (about 2 pounds)
- 6½ large red bell peppers, cored and diced fine (2¼ pounds)
- 1⅔ cups lemon juice (about 17 lemons)
- 1⅔ cups olive oil
- 6 bunches flat-leaf parsley, chopped fine
- 1½ tablespoons salt
- 1½ teaspoons black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ⅔ CUP

Combine chickpeas, kidney beans, scallions, and bell peppers in a large bowl and toss.

Whisk together lemon juice and oil. Pour onto salad and toss well. Stir in parsley.

Season salad with salt and black pepper. Chill until serving.

NUTRITIONAL INFORMATION

CALORIES: 159; SODIUM: 251.33 MG; SATURATED FAT: 3.16%

USDA REQUIREMENTS MET

½ CUP LEGUME VEGETABLE

OR

2 OUNCES M/MA