

Black Eyed Beans and Avocado Salad **“ΜΑΥΡΟΜΑΤΙΚΑ ΦΑΣΟΛΙΑ ΜΕ ΑΒΟΚΑΝΤΟ ΣΑΛΑΤΑ”**

This salad can be served warm or cold with grilled chicken or fish.

4 cups water

1 pound black eyed peas, soaked overnight

3 fresh onions, chopped

2 tomatoes, cut into cubes

1/2 cup chopped parsley

2 avocados, cut in small pieces

1/2 cup fresh lemon juice

1/2 cup extra virgin olive oil

Salt and pepper, to taste

1. Drain and rinse soaked beans. Bring beans and 4 cups of water to a boil and continue to simmer until beans are soft. Drain into a colander.
2. In a big salad bowl, mix the green onions, tomatoes, parsley, avocados, and the beans.
3. In a jar, shake lemon juice and olive oil. Add this to the bowl. Toss well. Salt and pepper, to taste.

Serves 8

WITH LOVE FROM CRETE

KOULA BARYDAKIS AND VAMOS TEAM