



Artichoke Squares Recipe

Ingredients:

3 tbsp red-wine vinegar, or red wine
1/4 cup extra virgin olive oil
4 garlic cloves, pressed
2 tsp dried oregano
1/2 tsp salt
1 tsp ground cumin
1 tsp curry powder
1/2 tsp pepper
1 15.5 oz can garbanzo beans
1 16 oz can dark red kidney beans
1 15.5 oz can pinto beans
1 15.25 oz can whole kernel sweet corn
4 green onions, chopped well
4 celery stalks, chopped
1/2 cup chopped fresh parsley

Directions:

Mix together the first 8 ingredients with a fork or whisk in a large bowl. Drain and rinse garbanzo beans and the next 3 ingredients. Add to the red wine vinegar mixture.

Add the chopped green onions, the celery and the parsley and toss the mixture to cover evenly. Cover the vegetables tightly and chill on bottom shelf of fridge 4 hours to overnight.

Nutritional Information Per Square:

Calories: 51
Protein: 4.1 Grams
Fat: 1.9 Grams
Carbs: 4.6 Grams
Sodium: 97 Grams