

## FUL MEDAMES



## BEANS

1/2 cup Light Vegetable Broth (page 214)

1 small red onion, finely chopped

3 Roasted Garlic (page 216) cloves, minced

1 cup coarsely chopped tomato

1 teaspoon white miso paste

1 teaspoon ground cumin

½ teaspoon paprika

1/4 teaspoon ground black pepper

3 to 4 cups cooked\* fava beans (see Note\*\*)

2 tablespoons fresh lemon juice

## GARNISH

1/2 cup chopped cucumber

1/2 cup chopped ripe tomato

1/4 cup finely chopped fresh parsley

1/2 teaspoon dried oregano

1 tablespoon fresh lemon juice

Ground black pepper

## TO SERVE

Coarsely ground black cumin (nigella seeds) medium heat. Add the onion, cover, and cook until softened minutes, stirring occasionally. Add the Roasted Garlic, tomato paste, cumin, paprika, and black pepper. Cook, stirring, for minutes to blend the flavors. Stir in the cooked fava beans for 5 minutes to heat through. Stir in the lemon juice and keep

FOR THE GARNISH: In a bowl, combine all the garnish inguincluding black pepper to taste, and mix well.

TO SERVE: Spoon the fava bean mixture into bowls and top mixed garnish. Sprinkle with black cumin and serve.

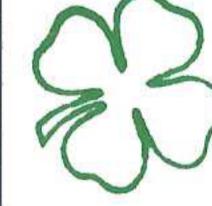
\*Turn to the Legumes and Grains Cooking Charts on pages 235-356.

for instruction, if needed.

\*\*Note: Fava beans are available fresh, dried, frozen, and carry you can substitute broad beans, butter beans, or large lima beauties desired.

For heartier meal serve over hummus

The How Not to Diet" Cookbook



HAPPY ST. PAT'S DAY!