

HAPPY
ST. PAT'S
DAY!

FUL MEDAMES



BEANS

½ 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

¼ teaspoon ground black pepper

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

2 tablespoons fresh lemon juice

GARNISH

½ cup chopped cucumber

½ cup chopped ripe tomato

¼ cup finely chopped fresh parsley

½ teaspoon dried oregano

1 tablespoon fresh lemon juice

Ground black pepper

TO SERVE

Coarsely ground black cumin
(nigella seeds)

FOR THE BEANS: Heat the Light Vegetable Broth in a saucepan over medium heat. Add the onion, cover, and cook until softened, about 5 minutes, stirring occasionally. Add the Roasted Garlic, tomato, miso paste, cumin, paprika, and black pepper. Cook, stirring, for about 5 minutes to blend the flavors. Stir in the cooked fava beans and cook for 5 minutes to heat through. Stir in the lemon juice and keep warm.

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

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

**Turn to the Legumes and Grains Cooking Charts on pages 218-221 for instruction, if needed.*

***Note: Fava beans are available fresh, dried, frozen, and canned. If you can substitute broad beans, butter beans, or large lima beans, as desired.*

For heartier meal serve over hummus

The "How Not to Diet" Cookbook



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