



Serves 4

Cook Time: 1 hours 15 minutes

INGREDIENTS:

4 cups cooked fava beans, or two 15-ounce cans, drained and rinsed

2 large tomatoes, chopped

4 scallions (white and green parts), sliced

1 large cucumber, peeled, halved, seeded, and diced

½ cup finely chopped cilantro

1 jalapeño pepper, minced (for less heat, remove the seeds)

Zest of 1 lemon and juice of 2 lemons

2 cloves garlic, peeled and minced

1 teaspoon cumin seeds, toasted and ground

Salt and freshly ground black pepper to taste

Fava Bean Salad

Also known as broad beans, fava beans are native to North Africa and parts of Asia. If you cook the dried bean, you have to remove the outer shell before eating them (so don't feel guilty about buying canned!). Fava beans are not as widely available as other beans, so if you can't find them, feel free to substitute lima beans or edamame.

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By Del Sroufe

- 1 Combine all ingredients in a large bowl and mix well. Chill for 1 hour before serving.