

SPANISH FRIJOLES WITH PLANTAIN CHIPS



Submitted by Erieberto Caraballo at The MetroHealth System, Ohio

SERVES 5 • PORTION 2 TACOS

INGREDIENTS

- 2 (15oz.) cans black beans
- 2 (15 oz.) cans pinto beans
- 2 (15 oz.) cans garbanzo beans
- ½ cup green olives, sliced or chopped
- 1 whole red onion, finely diced
- 2 red peppers, diced
- ½ cup chopped fresh cilantro
- ¼ cup chopped fresh parsley
- 4 cloves garlic, chopped
- ½ cup olive oil
- 2 lemons, juiced
- Kosher salt, to taste
- Pepper, to taste

PREPARATION

1. Strain and rinse cans of black beans, pinto beans and garbanzo beans; place in a large bowl.
2. Combine green olives, red onions, red peppers, fresh cilantro, fresh parsley, garlic, olive oil and lemon juice with beans.
3. Season with kosher salt and pepper to taste.
4. Serve with plantain chips

