

Chick Peas Side Dish
Submitted by Athena Burke

Ingredients:

16 oz can chick peas
Chopped red onion
Parsley to taste
1/4 cup of olive oil
Juice of lemon
1/2 teaspoon salt

Directions:

Rinse and drain chickpeas; Put in bowl with onion and parsley.

Beat oil, lemon juice, salt till frothy

Pour over chickpeas

Chill

“Almsgiving heals the soul's incensive power; fasting withers sensual desire; prayer purifies the intellect and prepares it for contemplation of created beings. For the Lord has given us commandments which correspond to the powers of the soul.”

St. Maximos the Confessor (First Century on Love no. 79)