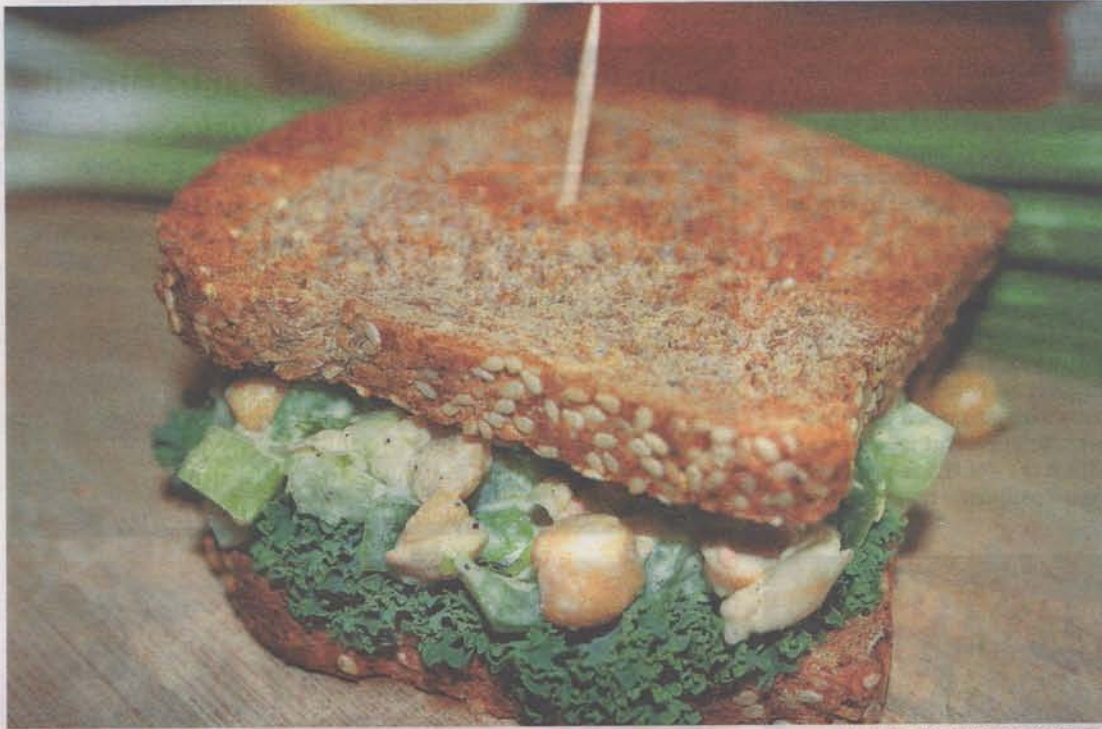




**Strength in Plants** *By Kate Murray*

# Forget the chicken, go for the chickpea



SPECIAL TO THE READING EAGLE: KATE MURRAY

**S**TRENGTH IN Plants is about feeling happy and balanced. How do you achieve that mysterious state of bliss? Simplify your food.

Period.

Eating healthy doesn't have to be a chore, and bold flavor comes from more than just grill-

ing a steak. My goal is to show you how delicious plant-based foods can be, and how amazing you'll feel after making just a few key changes in what you eat.

Eating healthier encourages a natural balance in your body's hormone systems, and those systems in turn regulate

things like blood pressure, blood sugar, the fight-or-flight stress response and many more bodily functions that can make or break your overall feelings of well-being. Not only that, research shows that vegetarians have lower rates of cancer, heart disease, high blood pres-

sure and obesity than people who eat meat.

Certain compounds found only in plant foods (and known collectively as phytonutrients, "phyto" being a Greek word for "plant") have the ability to stop disease in its tracks. So why not give your body the powerful protection it deserves and swap out that chicken salad sandwich for a chickpea salad sandwich? You'll hardly notice the difference in taste and texture, and your immune system will thank you for adding in some of those magic, plant-based ingredients that ultimately lead toward a longer, healthier life.

## Chickpea salad

### INGREDIENTS

2 cups of chickpeas, soaked overnight, or 2 cans, rinsed and drained  
 4 stalks of celery, cleaned, peeled and chopped  
 1 red or green bell pepper, seeded, cored and chopped  
 2-4 tablespoons green onions, chopped  
 1 small dill pickle, chopped finely  
 1 tablespoon vegan mayonnaise  
 1 tablespoon Dijon mustard  
 Juice of half a lemon  
 Salt and pepper to taste  
 Lettuce, spinach or kale for serving

**PREPARATION:** In a large bowl, mash the chickpeas with a potato masher so they are crushed but chunky. Stir in the chopped vegetables and the rest of the ingredients until well combined. Serve with greens in a pita, on toast or on top of a salad. ☺

*Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: [asilentcure.org](http://asilentcure.org).*



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