



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Cowpea Salad

Börölce Salatası



17.6 ounces cowpea  
3 garlic cloves  
2 tbsp olive oil  
Juice of a lemon  
1 tsp salt

- # Cut off the ends of the cowpeas and wash.
- # Put the cowpeas in a pot and add 1 cup of water and salt, boil them.
- # Take the boiled and soften cowpea from the water, cool down, you can cut them into a few parts, if you want.
- # Put the cold cowpeas on a plate
- # Pour the mixture of pounded garlic, lemon juice and olive oil all over them.
- # Serve after at least an hour resting in fridge.

**Note:** Because of the salt addition into the boiling water, you must not sprinkle salt to the salad again.