

Chickpea (Garbanzo Bean) Salad

Marinated Chickpea Salad, though light enough for the warmest spring and summer days, is no nutritional lightweight. The combination of chickpeas and broccoli makes this a nutritional dish, especially rich in protein, calcium, and iron.

In a small bowl, combine oil, lemon, vinegar, garlic, salt, and pepper. Mix well. In another bowl, toss beans, broccoli, onion, parsley, and herbs together. Pour dressing over bean mixture and toss. Let sit at least 30 minutes before serving. Stir occasionally to marinate evenly. Stored in a covered jar or bowl in the refrigerator, this salad will be at its best a day or two after it is made. To serve, line small bowls with leaf lettuce, fill with marinated bean mixture, and garnish with parsley or sprig of whichever herb is used in the salad.

Preparation List:

Serves 4-5

- 2 cups cooked chickpeas
- 2 tablespoons extra virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons brown rice vinegar
- 1 clove garlic, finely minced or pressed
- Sea salt, to taste
- Pepper, to taste (optional)
- 1 cup small parboiled broccoli florets, drained and cooled
- ½ small red or white onion, diced
- 2-3 tablespoons minced fresh parsley
- 1 tablespoon minced fresh basil, mint, or dill (optional)