

Herbed Chickpea Salad

Yield x1

xx

Quantity

Ingredients

Herb Mix

1 TBLS	Mint, chopped
1 TBLS	Oregano, chopped
1 TBLS	Dill, chopped
4 TBLS	Parsley, chopped

Herbed Chickpeas

1 can	Chickpeas, canned 15 oz.- drained
2 TBLS	Herb Mix
1 ea.	Lemon Juice/Zest
1 oz.	Dressing

Dressing

4 oz	Red Wine Vinegar
12 oz	Olive Oil
1 TBLS	Dijon Mustard
1 TBLS	Herb Mix
1/2 ea.	Shallot, minced
1 clove	Garlic, minced
1/2 tsp	Salt

Salad

1 cup	Romaine - Cut into 1/2 in. ribbons
5ea. Slices	Cucumber, Sliced, Half Moons
5 ea.	Tomato, Grape
2 oz.	Herbed Chickpeas

Procedure

Chop ingredients for Herb Mix and hold aside in bowl for later use.

Dressing: Mix garlic, shallot, herb mix, Dijon, salt, and vinegar in a bowl. Whisking rapidly, slowly drizzle olive oil into bowl creating an emulsion. Set aside.

Combine ingredients for Herbed Chickpeas and set aside.

In a bowl toss chopped romaine with herbed chickpeas, dressing the leaves.

Arrange on a plate or in a bowl with tomatoes and cucumber.