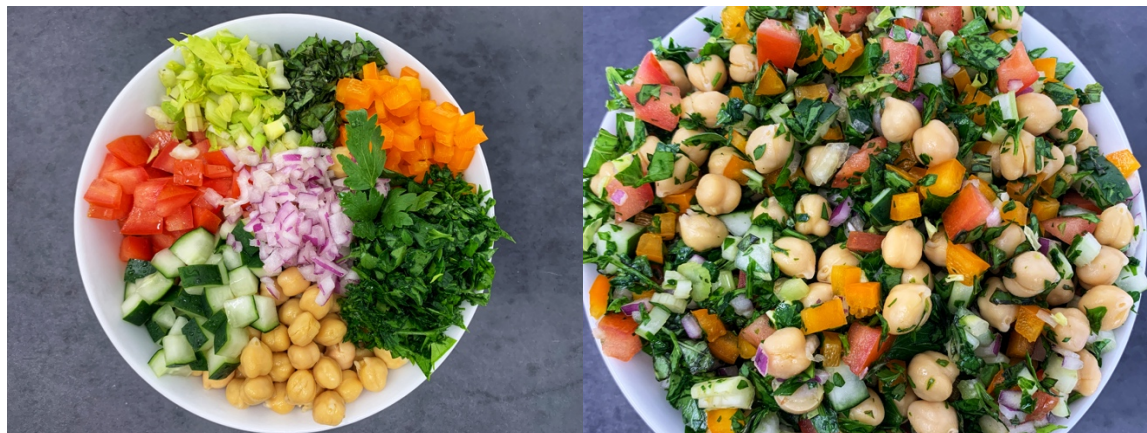




Herby Chickpea Salad

By Chef Veera Gaul, Ph.D.



Ingredients

16 oz can of chickpeas, drained and rinsed
½ orange bell pepper, chopped
¼ cup chopped red onion
1-2 ribs celery with leaves, chopped
½ cucumber, deseeded and chopped
1 medium vine-ripened tomato, deseeded and chopped
¾ bunch parsley, chopped
¼ cup chopped basil
2 teaspoons chopped dill (optional)
1 serrano pepper or Thai chili, chopped (optional, if you like heat)
3 tablespoons O&V [Basil EVOO](#) *
3 tablespoons O&V [Garden Herb vinegar](#) *
2-3 cloves garlic, minced
1 tablespoon Dijon mustard
½ tablespoon lime juice
Salt and fresh cracked pepper to taste

Preparation

In a large bowl, add the chickpeas, bell pepper, onion, celery, cucumber, tomato, parsley, basil and dill and hot pepper if using

In a separate small bowl, whisk together the minced garlic, Dijon mustard, lime juice and vinegar. Slowly add in the olive oil whisking well. Season with salt and pepper to taste.

Drizzle over the chickpea mixture and toss well to coat. Serve immediately or refrigerate for up to 3 days. Serve as a side dish, or in pita bread with a slice of feta for lunch

Total Time: 20 minutes

Serves 4

Notes

* The Oil & Vinegar brand [Garden Herb vinegar](#) adds an extra layer of herby flavor to this salad, but you can substitute a high-quality Cabernet or Chardonnay wine vinegar. The same is true for the depth of flavor added by the [Basil EVOO](#). Use a plain single estate EVOO instead and add a little more basil to the salad.

Categories: Soups & Salads, Snacks & Sides, Vegetarian, Vegan, Gluten-Free, Dairy-Free, Chickpeas, Mediterranean Diet, Parsley, Basil, Basil EVOO, Garden Herb Vinegar, Fresh, Easy, Make Ahead, Herby