



Crunchy Chickpea Spring Salad

All the flavors of falafel, without the fuss of mashing and preparing chickpea patties! The result is a satisfying chickpea 'crouton' layered on spring greens with Sour Crema with assorted vegetables. This recipe comes together easily while the chickpeas roast.

Yield: 4 portions; 1 salad per person

Timing: Prep Time = 30 minutes

Total Time = 40 minutes

Ingredients

Chickpea croutons:

- 2, 15 ounce cans of chickpeas, rinsed and drained
- 4 large cloves of garlic, minced
- Olive oil
- 1-2 teaspoons ground cumin
- ½ teaspoon coriander
- ½ teaspoon salt

Sour Crema:

- ½ cup sour cream
- 1 clove of garlic, minced
- 1 Tbs Lemon juice
- Fresh cracked black pepper, to taste

For the salad

- 8 cups lettuce, chopped (preferably spring greens)
- 1 cup cherry tomatoes, halved or quartered
- 1 cup cucumber, sliced and quartered. Peel if desired
- 2 oz feta cheese, crumbled
- Optional toppings: thinly sliced red onion, sliced olives – consider adding spring asparagus!

Method of Preparation (Instructions)

1. Make the chickpea croutons. Preheat oven to 350 degrees. Spread rinsed and drained chickpeas on sheet pan. Drizzle with olive oil. Roast for 20 minutes, stir and roast for 10-20 minutes more until they are roasted to your liking. After removing them from the oven, sprinkle with cumin, coriander and salt, stirring to distribute the seasonings.

While the chickpeas roast:

2. Assemble the Crema. Combine the sour cream, lemon juice, garlic and pepper.
3. Chop the lettuce, cherry tomatoes, cucumbers and feta and any other desired toppings.

To assemble the salad:

4. Place lettuce on a plate.
5. Layer with 1 cup lettuce, $\frac{1}{4}$ cup tomatoes, $\frac{1}{4}$ cup cucumbers, 2 Tbs feta and $\frac{1}{2}$ - $\frac{3}{4}$ cup of chickpea croutons
6. Top with crema

Utensils/Equipment Needed

Colander, Sheet pan, stirring spoon and oven mitts for chickpea croutons

Small bowl and spoon for mixing Crema

Cutting board and knives for preparing produce

Vegetable peeler if preferred for cucumbers