



Summer Chickpea Salad

SIMPLE RECIPE



Ingredients

- 2 cans chickpeas rinsed and drained
- 1 1/2 cups chopped Persian or English cucumbers
- 1 cup cherry tomatoes halved
- 1 cup fresh or frozen defrosted corn (if using fresh, grilled is best)
- 1 peach diced
- 1 jalapeño seeded and minced
- 1 tablespoon finely chopped chives
- 1/4 cup basil leaves chopped
- 1/2 cup cubed or crumbled feta cheese
- 1/4 cup fresh lemon juice
- 1 1/2 tablespoons olive oil
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- Kosher salt and fresh ground black pepper to taste



Steps

1. Dice the cucumbers, jalapeño and peach. Halve the cherry tomatoes and chop the chives and basil.
2. Once the corn is cool enough to handle, use a knife to cut it off the cob. Add all of the ingredients along with the chickpeas and either cubed or crumbled feta cheese to a large serving bowl.
3. In a small bowl whisk together the lemon juice, olive oil, honey, Dijon mustard, salt and pepper.
4. Pour the vinaigrette over the salad and toss everything together until it's coated.
5. The salad can be served immediately or you can refrigerate it until you're ready to serve.

Practice kitchen safety:
Avoid burns and fires while cooking hot food. Use oven mitts, handle pots carefully, and keep flammable objects away from the stove. Always supervise cooking, turn handles inward.

