



Summertime Mediterranean Herb Chickpea Salad with Eggs

(Adapted from Themediterraneandish.com)

Dressing Ingredients

- 2 ½ tsp Dijon mustard
- 1 large lemon, zested and juiced
- ⅓ cup extra virgin olive oil
- 1 large garlic clove, minced
- 1 tsp ground sumac
- ½ tsp ground coriander
- a pinch of cayenne pepper (or more if you are a spice lover)
- ½ tsp salt
- 20 grinds of fresh black pepper
- About 1 tsp of honey

Salad Ingredients

- 2 cans garbanzo beans, rinsed and drained (or you can use 3 cups of freshly cooked chickpeas, drained)
- 2 celery ribs, chopped into ¼ inch pieces
- 3 unpeeled Persian cucumbers (or ½ seedless English cucumber), diced
- 4 small green onions, trimmed and chopped using the white and light green parts
- ½ cup shredded red cabbage
- ½ yellow pepper, dice into ¼ inch pieces
- ¼ cup chopped fresh tarragon leaves
- ¼ cup packed chopped fresh parsley leaves
- ½ cup packed chopped fresh mint leaves
- 6 large hard-boiled eggs, sliced thinly
- Optional: 1 jalapeno peppers, chopped (optional) -- I did NOT use this and it was still plenty spicy

Instructions

In a Nutribullet or small blender, combine everything for the dressing and emulsify. Taste and add more honey or salt as needed. Pour into a bottle or container and set aside until about an hour before you want to serve the salad.

In a large mixing bowl, add all the salad ingredients except the eggs. The salad and dressing can be held separately for a day or two if you wish, or you can proceed.

Give the dressing a quick shake and pour over the salad. Mix to combine. Add the sliced eggs, and mix gently again. Taste and adjust salt and pepper. Add a sprinkle more sumac to the top if you like. Set aside a few minutes before serving to allow flavors to permeate. The salad will keep in the fridge for a few days if you have any leftover, and this makes such a great lunch!