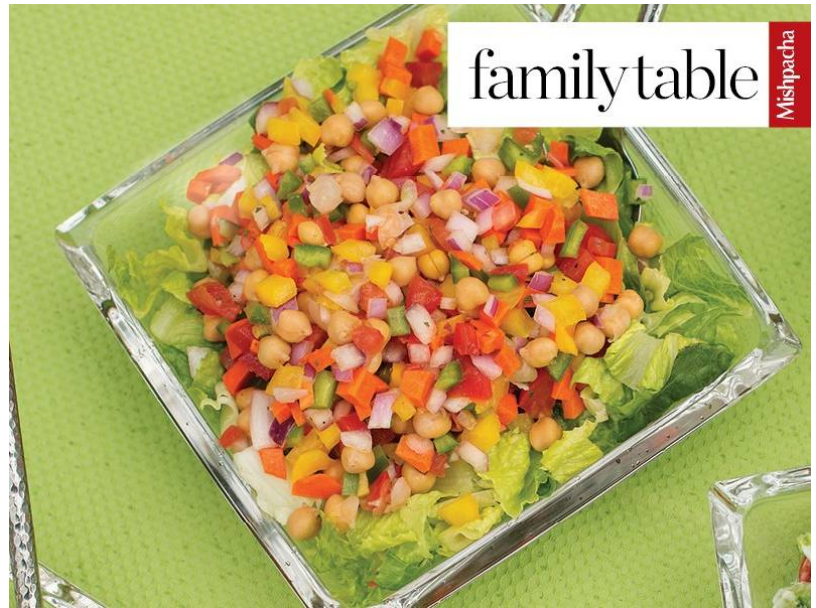


Marinated Chickpea Salad

Recipe By Chanie Nayman



Cooking and Prep:  12
h 25 m

Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegan, Gluten Free, Low

Fat, Low Carb, Sugar Free,

Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

The kuntz to this salad is that you prepare the entire salad in advance and toss it with lettuce just before serving. The salad sans lettuce can last in the fridge for a few days.

Ingredients (14)

Salad

- 1 large head Romaine lettuce, shredded
- 1 small green pepper, diced
- 1 small yellow pepper, diced

- 1 carrot, thinly sliced
 - 3 tablespoons red onion, finely diced
 - 1 tomato, chopped
 - 1 15-ounce (425 grams) can **Haddar Chickpeas**, drained
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Dressing

- 2 tablespoons **Bartenura Olive Oil**
 - 1 tablespoon water
 - 1 tablespoon lemon juice
 - 1 teaspoon salt
 - 1/8 teaspoon black pepper
 - 1/2 teaspoon dried parsley flakes, or 2 cubes **Dorot Gardens Frozen Parsley**
 - 1 clove garlic, minced or 1 cube **Gefen Frozen Garlic**
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Start Cooking

Prepare Salad

1. Combine all ingredients, except lettuce, in a container.
2. Refrigerate overnight and toss with lettuce when ready to serve.

Credits

Photography: Leiba Bernstein

Styling: Esther Ottensosser