

Chick Pea and Olive Salad & Mustard Vinaigrette

Serves 8

1 red onion, julienned
3 cups cooked chick peas (canned okay)
1 cup kalamata black olives, pitted and chopped
2 large carrots, shredded
1 red bell pepper, thinly sliced
½ cup feta cheese, crumbled
¼ cup chopped cilantro leaves

Method:

Mix all ingredients except cilantro leaves. Dress with mustard vinaigrette.

Mustard Vinaigrette

2 garlic cloves
¼ cup whole grain or brown mustard
½ tsp paprika
¼ tsp cayenne
½ tsp black pepper
2 Tbsp fresh lemon juice
2 Tbsp white wine vinegar
½ cup olive oil

Method:

Mix together all ingredients except oil. Add oil, a little at a time until all is incorporated. Dress salad, taste and adjust seasonings. Let salad stand one hour or overnight. Add cilantro leaves at time it is served.

(By Chef Dan Brophy, Summer Cooking With Herbs Series 2012, Portland Nursery / Stark)