

Mediterranean chickpea faro salad

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Prep time: 20 minutes

Cook time: 5 minutes

Yield: Serves 4 for dinner; 8 as side dish

Description: Bright, flavor packed Mediterranean chickpea and faro salad with fresh veggies, herbs and a zippy citrus and olive oil dressing. You can add shrimp or lemon chicken, if desired.

Ingredients

2.5 cups cooked faro (1 cup dry. See recipe below)

2 cups cooked chickpeas, drained and rinsed

10 oz cherry tomatoes, halved

1 English cucumber, diced

2 green onions, trimmed and chopped (both white & green parts)

1 large handful fresh parsley, chopped

15 mint leaves, chopped

For Salad Dressing:

Juice of 1 lemon

2 tsp dried oregano

5 tbsp extra virgin olive oil

½ tsp ground cumin

Salt

½ tsp sumac

Black pepper

1. In a small mason jar, add the dressing ingredients. Whisk well or close the mason jar and shake well.
2. In large salad bowl, combine cooked faro with the chickpeas and remaining salad ingredients.
3. Pour the dressing on top of the salad, toss to combine. Set aside.

How to cook faro: You can cook faro a couple days in advance and keep in the fridge in a lidded container. Start with 1 cup dry faro combined with 3 cups of water and a good pinch of salt. Bring to a boil, then lower heat to medium low. Cover and cook for about 30 minutes. Cooked faro will keep a pleasantly chewy bite.

How long will leftovers keep? If you prepare the faro on the same day you make this salad, the salad should keep in the fridge for up to 3 days. If you're not planning to eat much of the salad on the day it's prepared, reserve a bit of the dressing to add later as needed.

Calories per serving: 400

Total fat: 19.4 g. Saturated fat: 2.7 g

Sodium: 20 mg

Total Carbohydrate: 41.3 g. Fiber: 5.3 g. Sugars: 2.1 g

Protein: 10 g