

Chickpea and Quinoa Salad

Serves 6

1 cup quinoa, rinsed and drained

1 ½ cups water or unsalted vegetable stock

½ teaspoon sea salt

1 large garlic clove, minced and mashed to a paste with ¼ tsp salt

¼ cup extra virgin olive oil

2 cups cooked chickpeas or 1, 15 oz. can of chickpeas drained and rinsed

2 tablespoons extra virgin olive oil

1 cup fresh parsley, chopped

2 scallions, thinly sliced

zest, pulp, and juices of 1 large lemon, segmented and chopped

2 teaspoons ground cumin

½ teaspoon sea salt

¼ teaspoon black pepper

Bring water or broth and salt to a boil in a small saucepan. Add the quinoa. Turn heat down to a simmer and cook covered for about 15-20 minutes. Fluff lightly with a fork and transfer to a large bowl.

While the quinoa is cooking, make garlic paste by mashing garlic and a pinch of salt with the side of your knife. Put paste in a small bowl, whisk in the oil then stir the mixture into the hot quinoa. Let cool.

In a separate bowl combine the chickpeas, oil, parsley, scallions, lemon zest, pulp, and juice, cumin, salt, and pepper and stir well.

Add the chickpea mixture to the quinoa and toss to combine.

Chef C's Note: A great make ahead salad, as flavors will continue to develop with time. Keeps 3-4 days in the fridge and transports well.