RECIPE

Cucumber and chickpea salad

A cold cucumber and chickpea salad for lunch, crunchy and sharp with red wine vinegar and olive oil, with salt measured to the quarter teaspoon.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 3 cups cooked no-salt-added chickpeas (2 cans, 15 oz each, drained and rinsed)
- [ ] 2 cucumbers (8¼ inches each), with the peel, cut in half-moons
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup thinly sliced red onion (about 1 medium)
- [ ] ½ cup chopped fresh parsley
- [ ] ¼ cup unsalted dry-roasted sunflower seeds
- [ ] 2 tbsp olive oil
- [ ] 3 tbsp red wine vinegar
- [ ] 3 tbsp lemon juice
- [ ] 1 tsp dried oregano
- [ ] 1 tsp garlic powder
- [ ] ¾ tsp salt
- [ ] ¼ tsp black pepper

Method

1. Toss the cucumber with the salt in a colander set over a bowl. Let it stand 10 minutes, then press gently with your hands and shake off the water.
2. While the cucumber drains, whisk the olive oil, red wine vinegar, lemon juice, oregano, garlic powder and pepper in a large bowl. Stir in the red onion and leave it 10 minutes to soften and lose its bite.
3. Tip the chickpeas into the dressing. Press about a third of them with a fork until they split and crumble, so the dressing clings to the rest.
4. Add the drained cucumber, tomatoes and parsley. Fold gently until everything is coated.

5. Rest 15 minutes at room temperature, then fold in the sunflower seeds so they stay crunchy. Spoon into four bowls.

6. Keep covered in the fridge up to 3 days; stir before serving (our kitchen practice; we hold no published source for it yet). Do not leave it out more than 2 hours. Add the seeds to each bowl at serving if you are keeping leftovers.