

VeraVia – Greek-Styled Salad with Chickpeas

Serves 2

Ingredients:

4 cups romaine lettuce, torn up
1 cup each tomatoes, cucumbers, red onion chopped
1 handful each mint and parsley, torn into pieces
2 tbsp. pine nuts, toasted in 325 degree oven on sheet tray until golden brown

Optional: 2 tablespoons fresh goat feta, cubed or crumbled

Method:

- Combine lettuce, tomatoes, cucumbers, red onion, and herbs in a large bowl. Add 3 -4 tablespoons of prepared vinaigrette below and top with pine nuts and feta if using.

Vinaigrette (yields extra):

Ingredients:

2 tbsp. red wine vinegar
6 tbsp, extra virgin olive oil
½ tsp. Dijon Mustard
½ clove of garlic, crushed and chopped
Salt and pepper

Method:

- Mix garlic and mustard together in a medium bowl and drizzle vinegar in while mixing. Follow by drizzling oil in while whisking together. Add salt and pepper to taste.