



Sarah's Greek Chickpea Salad is a quick and easy rustic chopped salad that showcases great nutrition, color and flavor. Sarah Nasello / The Forum

## Greek Chickpea Salad

*Serves: 6 to 8*

### **Ingredients for the salad:**

- 1 cup Campari or cherry tomatoes, quartered or halved
- 1 cup English cucumber, quartered and cut into half-inch pieces
- ½ orange bell pepper, large-diced
- ½ red bell pepper, large-diced
- 1 cup Kalamata olives, pitted
- 1 (15-ounce) can chickpeas, drained and rinsed, remove any loose husks
- ¼ cup red onion, thinly sliced and cut into 1-inch pieces
- 5 ounces good Greek feta cheese, cut into large cubes (not crumbles)
- Extra-virgin olive oil, for drizzling
- Kosher salt
- Freshly ground black pepper

### **Ingredients for the dressing:**

- 1/3 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons fresh lemon juice
- ½ teaspoon Dijon mustard

1 teaspoon dried oregano  
1 clove garlic, peeled and whole  
½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper

**Directions:**

Prepare the dressing first so it has time to marinate as you prepare the vegetables.

In a small bowl, combine all the dressing ingredients and whisk vigorously until fully emulsified. Taste and adjust seasoning as desired. Add the whole garlic clove and let marinate at room temperature for at least 20 minutes.

Place salad ingredients in a large bowl, drizzle with 1 to 2 tablespoons extra-virgin olive oil and toss gently to combine.

Remove garlic clove from the vinaigrette and discard. Pour half the dressing over the salad and toss to distribute. Taste and add more dressing as desired or save for later use. Sprinkle salad with salt and pepper according to taste.

Serve immediately, or, for best results, refrigerate salad for 1 hour before serving so that the flavors can meld together.

**To store:** Leftovers may be refrigerated in an airtight container for 2 to 3 days. The vinaigrette may be made up to 1 week in advance and refrigerated until ready to use. Shake vigorously before adding to the salad.

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*"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.*