

Chickpea Vegetable Salad

Ingredients

- 1/4 (one-quarter) cup toasted sesame seeds
- 1 large clove garlic, crushed
- 1/2 (one-half) teaspoon salt
- 1/2 (one-half) teaspoon fresh ground pepper
- 1/4 (one-quarter) cup fresh lemon juice
- 1/3 cup extra virgin olive oil
- 1 16 ounce can chickpeas, drained and rinsed
- 2 large carrots, peeled and sliced in thin rounds
- 1 seedless cucumber, sliced
- 1/4 (one-quarter) cup pitted black olives
- 2 Tablespoons minced fresh parsley

Method

Toast sesame seeds in a heated dry skillet over medium heat, shaking pan or stirring, until seeds are light brown and fragrant, about two or three minutes. In blender container, process garlic, cooled sesame seeds, salt and pepper until a thick paste is formed. Blend in lemon juice and oil on low speed. Set aside. Combine chickpeas, carrots, cucumber, olives and parsley in a salad bowl. Add dressing and toss to coat well. Serve at room temperature or chill until serving to eight.