

Citrus Salad with Chickpeas

This recipe may sound strange, but it's packed full of flavour with chickpeas and finely chopped veggies! The orange and lime juice add a perfect punch of tartness.

Preparation Time: 15 mins

Cooking Time: NA

Servings: 10

Amount	Ingredient	Cost – date:
1/4 cup	Red Onion, chopped and soaked in water	
3 cans (about 6 cups)	Chickpeas, drained and rinsed	
1 1/2 Cups	Corn, fresh or frozen	
1	Red pepper, small, chopped	
3 stalks	Green Onions	
1/4 cup	Cilantro, fresh, chopped	
Dressing:		
1/4 cup	Orange Juice (fresh is best) & zest for extra flavour	
3 Tbsp	Lime Juice	
2 Tbsp	Agave Nectar (or maple syrup or honey or sugar)	
1/2 tsp	Salt	
2 tsp	White or Red wine vinegar	
1/4 cup	Canola oil	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Chop the red onion and add it to a bowl with enough water to cover it. Set aside for a few minutes. (This will mellow the flavour of the onion).
2. Drain and rinse the canned chickpeas and add them to a large bowl.
3. Chop red pepper, cilantro, and green onions into tiny pieces and toss in with the chickpeas. Drain the water off of the onion and add to the salad.
 - a. **Make the Dressing:** Put the orange juice, zest, lime, agave, salt, and vinegar into a blender and blend for about 20 seconds, until creamy.
 - b. Drizzle the dressing over the salad and mix well.
 - c. Serve immediately or cover and place in the fridge to eat later.

Recipe Notes

- The salad can be eaten immediately, but the flavours mix and it tastes better if it is allowed to sit in the fridge for a least a few hours or overnight.
- This citrus salad keeps well for 3 days in the fridge.
- Perfect for potlucks, picnics, or lunches!
- You can leave out the oil for an oil-free salad - it will just not be as creamy.

SOURCE: modified from <https://thehiddenveggies.com>

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!