**Chickpea Salad**

Serves 4 - 6

2 C chickpeas

2 cucumbers, diced,

peeled if you prefer

1 pint cherry tomatoes, cut in halves

1 bunch green onions or 1 medium red onion, peeled and diced

1 bunch fresh basil, stems removed, leaves sliced

Vinaigrette:

1/3 c cider vinegar

2/3 c olive oil

Salt and pepper

1 clove garlic, peeled & crushed

Whisk the vinaigrette together and toss it with the remaining ingredients in a large bowl.

How to Cook Dried Chickpeas

Soak: Rinse and place chickpeas in a large bowl and cover with cold water. Soak for 8-12 hours. This is going to help speed up the cooking time and make them more digestible.

Cook: Once they’ve soaked, drain the water, and put them in a stock pot with fresh water to cover. Bring to a boil, reduce the heat to a simmer, and cook for about an hour until tender. Drain and use in your favorite recipe. Once cooked, chickpeas will stay good in the fridge for about three days.



