

Olive Bread Salad with Spicy Chickpeas

Tarla Fallgatter cooking class, 2018



Servings: 6

1. CHICKPEAS: Cook chickpeas (drained, rinsed and blotted with paper towels) with garlic and pepper flakes in oil in a large skillet over medium-high heat until garlic is golden brown and chickpeas begin to blister, 6-8 minutes; season with salt and pepper.

2. VINAIGRETTE: Combine ingredients in a lidded jar and shake. Set aside. Shake well before using.

3. SALAD: Preheat oven to 400°F. Toss bread with spice rub of your choice, salt, pepper and oil. Spread out on a large baking sheet and bake/toast, tossing once or twice, until crisp on the outside edges, but still chewy in the center, about 8-10 minutes. Let cool.

4. Place all the salad ingredients in a large serving bowl and toss with vinaigrette to coat. Add chickpeas, then divide among plates to serve.

VINAIGRETTE:

3 tablespoons fig balsamic vinegar

1 tablespoon raspberry vinegar

2 teaspoons balsamic mustard

salt and pepper to taste

6 tablespoons olive oil

SPICY CHICKPEAS:

15 ounces garbanzo beans, canned, rinsed, rubbed to remove outer skin

4 garlic cloves

1/4 teaspoon red chili flakes

1/3 cup olive oil

salt and pepper to taste

SALAD:

3 cups olive bread, torn into bite-sized pieces

3 tablespoons olive oil

1 teaspoon spice rub, your choice

2 tablespoons fresh oregano, coarsely chopped

1/4 cup Italian parsley, chopped

1 head radicchio, torn into bite-sized pieces (or use red endive)

1 whole fennel bulb, thinly sliced

2 whole red bell peppers, or yellow, or one of each

1/3 cup olives, Mediterranean type, pitted, sliced

3 ounces Manchego cheese, shaved

2 cups arugula, or baby kale

Per Serving (excluding unknown items): 468 Calories; 39g

Fat (75.4% calories from fat); 5g Protein; 24g

Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 384mg

Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0

Fruit; 6 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com