Garbanzo Bean (Chickpea) Salad with Red Onion, Parsley, Cilantro, and Feta

Carolyn T's Main Cookbook

Servings: 5

Author: Adapted from Foodie Farmgirl Fare blog 6/09, who got it from a cookbook called Falling Cloudberries



1/3 cup extra-virgin olive oil, plus more if desired
3 cups red onion, chopped
1/4 cup fresh garlic, finely chopped
2 cans garbanzo beans (15 ounce) drained & rinsed (or 3 cups cooked garbanzo beans)
3/4 cup chopped fresh cilantro (packed)
3/4 cup Italian parsley (packed) chopped fresh flat leaf
1 1/2 cups chopped green onions, green parts only
1/4 cup fresh lemon juice (or lime juice)
1 cup crumbled feta cheese
Salt and freshly ground pepper to taste
2 tablespoons fresh tarragon, minced (optional)

Blog: Carolyn T's Blog: http://tastingspoons.com

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Per Serving (excluding unknown items): 560 Calories; 26g Fat (40.4% calories from fat); 22g Protein; 64g Carbohydrate; 17g Dietary Fiber; 27mg Cholesterol; 369mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.

Notes: Susan says this has become a real family favorite.

Description:

1. Heat 1/3 cup olive oil in a large frying pan and add the red onion, stirring to coat it with the oil. Cook the onion gently over medium or medium-low heat, stirring often, until the it is soft and starting to brown, about 10 to 12 minutes. Stir in the garlic and cook until fragrant, about one minute; don't let the garlic brown. Remove from the heat and let cool.
2. In a large bowl, stir together the garbanzo beans, cilantro, parsley, green onions, and lemon juice. Add the cooled onion garlic mixture. (If you're impatient like I am, you can mix the onions and garlic into the beans while they're still warm, and the other ingredients will help cool them down.) Mix in the crumbled feta cheese and olives (if using). Add salt and freshly ground pepper to taste (remember that the feta and olives will already be salty) and up to ½ cup more olive oil if desired.
3. This salad tastes best if made ahead and allowed to sit for a few hours before serving. Serve at room temperature, with a squeeze of lemon and a drizzle of olive oil if desired.