

Balela Salad Recipe



Ingredients List for Salad

- 1 15 oz can chickpeas (drained and peeled *see notes below)
- ¼ red bell pepper (cored and chopped small)
- 1-2 green onions (bulb and stock finely chopped)
- ¼ cup finely chopped Italian parsley (curly or regular parsley works fine too)
- 1-2 whole vine ripe large tomatoes (can use other tomatoes based on your preference)
- ½ jalapeno (finely chopped)
- 1/8 fresh mint leaves (finely chopped)

Ingredients List for Dressing

- ¼ cup sunflower oil (I prefer sunflower over olive oil since it is milder and slightly sweet)
- 1 tbsp white wine vinegar
- 1 clove garlic
- 1 tbsp fresh squeezed lemon juice strained through mesh sieve
- ½ tsp ground sumac spice
- Salt pepper to taste

Alternative: If you prefer a spicier version of this Balela Salad you can add a pinch of crushed red pepper or other pepper.

Use a large bowl to mix together the drained and peeled chickpeas and spices and set aside.

You can use a small mason jar to mix dressing ingredients together before gently pouring over the salad mix. Toss or mix with large spoon until dry ingredients are fully covered with dressing.

Let stand in fridge for about an hour before serving to let the spices and other ingredients work their magic together! Enjoy as a side, alone or wrapped in lettuce.

SERVINGS: This recipe makes approximately 3 cups.

*NOTE: Drain and rinse chickpeas, soak in hot water for about 10 minutes to loosen skin. Gently squeeze chickpeas to release skin (takes about 5 minutes, and I find is better for digestion and less bloating).