

Ribbon Salad with Garlic Chickpea Croutons

Serves 4

RIBBON SALAD

INGREDIENTS

Rainbow carrot ribbons
Zucchini ribbons
Baby arugula
Parmigiano Reggiano ribbons
Slivered red onion
Fresh parsley
Fresh basil
Toasted almond slivers, optional
Salt and pepper to taste
Light vinaigrette, below



VINAIGRETTE

Whisk together: 3 parts olive oil to 1 part wine vinegar, 1 splash of balsamic vinegar, 1 smashed garlic clove, a dollop of Dijon mustard, 1 t. of oregano, 1 t. of kosher salt and ground pepper to taste

DIRECTIONS

Use a large bowl to toss and coat everything completely then place your salad on a platter.

GARLIC CHICKPEA CROUTONS

INGREDIENTS

1½ c. cooked chickpeas
(if from a can: rinsed, drained, and patted dry)
2 t. garlic powder
1½ T. olive oil
Pinch of fine sea salt

DIRECTIONS

To make the chickpea croutons, preheat the oven to 400°F. In a large bowl, toss the chickpeas with the garlic powder, olive oil and salt. Spread in a single layer on a parchment-lined baking sheet and bake in the oven until golden and crisp, 20 to 25 minutes. Toss the chickpeas halfway through cooking time. Remove from oven and set aside to cool.

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for complete recipe details
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