

RECIPE

— *quick & easy meal*

Mediterranean Power Salad



bon COOK Products:

- FRENCH PANTRY EVOO
- FRENCH PANTRY Roasted Garlic and Chive Herb Blend
- FRENCH PANTRY Fresh Dill and Lemon Herb Blend
- FRENCH PANTRY Pomegranate Balsamic Vinegar
- Sel Gris Salt
- Tellicherry Pepper
- Eco Chop

RECIPE YIELD

Active Time: 20 minutes

Total Time: 20 minutes

Servings: 4 servings

Dressing Ingredients

- 3 tbs FRENCH PANTRY EVOO
- 3 tbs FRENCH PANTRY Pomegranate Balsamic Vinegar
- Juice of one lemon
- 1 teaspoon of cumin
- Salt and pepper to taste

Ingredients

- 1 can chickpeas (rinsed and drained)
- 12 slices salami, cut into strips and halved
- 1 red bell pepper, chopped
- 1/2 red onion, diced or chopped
- 1 diced English seedless cucumber
- Handful of grape tomatoes cut in quarter
- 1 tbs FRENCH PANTRY Fresh Dill and Lemon Herb Blend
- 1 tbs FRENCH PANTRY Roasted Garlic and Chive Herb Blend
- 2/3 cup chopped curly parsley (add more if you like)
- 1 1/2 tbs chopped mint
- 3 cups arugula
- 3 to 4 oz. of feta
- 1/2 tsp paprika
- 1 tsp Sel Gris Salt
- 1/2 tsp Tellicherry Pepper

Instructions

1. Drain and rinse chickpeas in colander. Transfer to bowl add *Sel Gris Salt*, *Tellicherry Ground Pepper*, paprika, and *FRENCH PANTRY Roasted Garlic and Chive Herb Blend* until coated and mixed. Cover and refrigerate while you chop your veggies.
2. Using the *Eco Chop*, chop and set aside bell pepper, cucumber, parsley, and mint.
3. With knife, quarter the grape tomatoes. Add *FRENCH PANTRY Fresh Dill and Lemon Herb Blend*. Mix in large bowl.
4. Stack salami and cut into strips, then in half. Add to bowl and mix well.
5. Stir in chickpeas set aside.
6. Combine dressing ingredients and add to the bowl.
7. Add in Arugula, add salt and pepper to taste and toss again.
8. Place on serving platter and sprinkle feta cheese across top of salad.

This salad may also be served without the feta, still very tasty and filling. If you like, omit salami for grilled salmon or chicken across top.

Enjoy!