

Salt and Serenity

Beetroot and Chickpea Salad

This recipe is adapted from the book “Monday Morning Cooking Club.”

Serves 4

1-19 oz. can chickpeas, rinsed and drained
2 pounds baby beets, scrubbed well
2 tablespoons olive oil
salt and pepper
½ red onion, thinly sliced
5 oz. box of baby spinach leaves
½ English cucumber, chopped into ½ inch dice
2 stalks celery, chopped
2 tablespoons chopped mint
2 tablespoons chopped parsley
½ cup crumbled goat feta cheese

Juice of 1 lemon
1/3 cup canned chickpeas (from tin above)
1 small garlic clove
4 mint leaves
1/3 cup olive oil
1 teaspoon sugar
¼ cup diced beet (from roasted beets)
1/3 cup water

1. Preheat oven to 400° F. Lay scrubbed beets on a sheet of foil. Drizzle with olive oil and season with salt and pepper. Seal up foil package and place on a rimmed baking sheet. Roast beets for about 1 hour, or until tender. Let cool, put on some disposable gloves and peel beets. Dice beets into 1-inch cubes. Set aside.
2. Fill a medium sized bowl with ice cold water and soak purple onion for about 30 minutes. This mellows them out a little. Drain and pat dry.
3. To make the dressing, put all ingredients into a small blender and combine until very smooth. This will take about 2-3 minutes.
4. To assemble the salad, carefully layer spinach, diced beetroot, chickpeas, celery, onion and cucumber.

5. To serve, pour $\frac{1}{2}$ the dressing over the salad and toss. Taste and add additional dressing if needed. Sprinkle with the chopped mint, parsley and cheese.