



Chickpea with pomegranate and Vinaigrette

Ingredients

- ½ small red onion, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground sumac
- 2 tablespoons + 2 teaspoons red wine vinegar, divided
- Kosher salt and freshly ground black pepper
- 2 (15.5-ounce) cans chickpeas, rinsed and drained
- 2 tablespoons pomegranate molasses
- 1 teaspoon Dijon mustard
- ¼ cup canola oil
- 2 hearts romaine lettuce (about 10 oz), chopped
- 2 Persian cucumbers, quartered lengthwise and chopped
- ¾ cup fresh flat-leaf parsley leaves
- ¼ cup fresh mint leaves
- 12 ounces grape tomatoes, halved

Instructions

Step 1 – Season and Mash the Chickpeas

In a large bowl, mix together the red onion, cumin, sumac, 2 tablespoons of red wine vinegar, and ½ teaspoon salt. Add the chickpeas and use a fork or potato masher to roughly mash them, leaving some texture. Set aside.

Step 2 – Make the Vinaigrette

In a small bowl, whisk together the pomegranate molasses, Dijon mustard, remaining 2 teaspoons of red wine vinegar, and ¼ teaspoon each of salt and pepper. Slowly whisk in the canola oil until the dressing is fully emulsified and smooth.

Step 3 – Assemble the Salad

In a separate large bowl, toss together the chopped romaine, cucumber, parsley, and mint. Divide onto plates or a serving platter. Top with the mashed chickpeas and halved tomatoes. Drizzle generously with the vinaigrette just before serving.