



Chickpea and black bean jewel salad*

YIELD: 6 TO 8 PORTIONS

INGREDIENTS

Freekeh, dry 1 cup
 Water 2 cups
 Salt 1/2 tsp., plus more to taste
 Cilantro, fresh, minced 1/2 cup
 Mint, fresh, chopped 1/2 cup
 Green onions, whites, thinly sliced 1 cup (about 2 bunches)
 Green onions, greens, chopped 1/4 cup
 Black beans, cooked, or canned, 15 1/2 oz. drained and rinsed
 Chickpeas, cooked, or canned, 15 1/2 oz. drained and rinsed
 Red or yellow bell pepper, chopped 1 ea. into 1/2" squares
 Cherry tomatoes, quartered 3 cups
 Persian cucumber, chopped into 1/2" squares 1 ea.
 Nuts, toasted and roughly broken 1/2 cup
 Lemon juice 1/4 cup, plus additional as needed
 Cumin seeds, lightly toasted, ground 1/2 tsp., plus additional as needed
 Garam masala 1/4 tsp.
 Extra-virgin olive oil 6 Tbsp.

DIRECTIONS

1. Heat a medium-size heavy saucepan over medium-high heat and add freekeh. Toast in the dry pan, shaking or stirring, until freekeh becomes fragrant, 2 to 3 minutes.
2. Add 2 cups of water and salt and bring to a boil.
3. Reduce heat to low, cover and simmer, 20-25 minutes or until water has been absorbed.
4. Turn off heat and uncover. Place a clean dish towel or paper towel over the pot and return lid. Let sit at least 10 minutes. Uncover and allow freekeh to cool another 10 minutes.
5. In a large bowl, combine freekeh, with all other ingredients. Taste and add more lemon juice if desired.
6. Serve right away or let sit for up to 1 hour before serving.

Nutrition Information (per portion/serving)

Calories: 320 / Protein: 14 g / Carbohydrate: 46 g / Fiber: 11 g / Carbohydrate to fiber ratio: 4

Saturated fat: 2 g / Polyunsaturated fat: 3 g / Monounsaturated fat: 13 g

Trans fat: 0 g / Sodium: 395 mg / Potassium: 480 mg / Added sugar: 0 g

*This recipe meets all HKHL Recipe Nutrition Goals for a one dish meal.