

Arugula and Herb Salad with Chickpeas and Feta

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Ingredients

Dressing:

- 2 tablespoons fresh lemon juice, plus more as needed
- 1 teaspoon honey
- 1 small garlic clove, grated or finely minced
- Sea salt and freshly ground black pepper
- 1/4 cup extra virgin olive oil

Salad:

- 1/4 cup fine bulgur #1 or couscous
- 3/4 cup cooked chickpeas (canned is fine)
- 1/2 cup coarsely chopped cilantro
- 1/3 cup pitted green olives, halved or quartered
- 1/3 cup sliced green onions
- 1/4 cup coarsely chopped fresh mint
- 3 to 4 handfuls baby arugula or salad mix (about 3 ounces)
- 3 to 4 ounces feta, crumbled
- Aleppo pepper, optional



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Directions

In a small bowl, whisk together the lemon juice, honey, garlic and salt and pepper to taste. Whisk in the olive oil and whisk vigorously until creamy and well blended.

Put the bulgur or couscous in a small bowl and add 1/4 cup boiling water. Cover and let stand 10 minutes, then fluff with a fork or with your hands until no clumps remain.

In a salad bowl, combine the bulgur or couscous, chickpeas, cilantro, olives, green onions and mint. Add enough of the dressing to coat everything lightly and toss. Add the arugula, feta and more dressing (you may not need it all) and toss gently. Add a pinch of Aleppo pepper if you want some heat. Taste and correct for salt and lemon. Serve immediately.

Serves 4