

Asparagus Chick Pea Salad

Ingredients

1 lb. thin asparagus spears
1 15 oz. can of chick peas, drained and rinsed
3 green onions chopped fine, white and green parts
½ cup chopped fresh parsley
¼ cup chopped fresh mint
¼ lb. sharp cheese cut into small cubes (kasseri, parmesan, romano)
Juice from ½ lemon
¼ cup extra virgin olive oil
1 tsp. Dijon mustard
Salt and pepper to taste

Preparation

Wash the asparagus spears and dry. Find natural breaking point in lower third of spear and break off. Cut asparagus into ¼ inch segments, add to bowl. Add chickpeas, green onion, parsley, mint and cheese to bowl.

Make dressing by mixing olive oil, lemon juice, Dijon mustard. Pour over salad and mix thoroughly to evenly distribute dressing. Add salt and pepper to taste. Cover and refrigerate until ready to serve.

*For main course, serve salad over prepared Israeli Couscous, also known as pearly couscous.