



Crunchy Mediterranean Salad

INGREDIENTS

- 1 cup cooked chickpeas
- 1 cup cucumber
- 20 grape tomatoes
- 1 cup broccoli florets
- 1/2 cup red onion
- 1 bunch kale
- 1/4 cup olives
- 1 clove garlic
- 3 tbsp sherry vinegar or red wine vinegar
- 6 tbsp extra-virgin olive oil
- Salt, to taste
- Black pepper, ground
- 2-3 cups romaine lettuce
- 1 tbsp sweetener (optional)
- 2 to 4 tbsp fresh herbs (basil or parsley)

METHOD

- 1** Prep. First, dice the cucumber and red onion. Slice the grape tomatoes. Cut the broccoli into small florets. Tear the kale and romaine lettuce into bite-size pieces. Slice the olives. Mince the garlic. Roughly chop the herbs or tear the basil leaves.
- 2** Make the Dressing. Place the garlic in a small bowl or jar. Add the vinegar and extra-virgin olive oil. Whisk or shake to combine. Taste and adjust with sweetener if using, salt, and freshly ground black pepper.
- 3** Assemble the Salad. Place the kale in a large bowl. Add a few tablespoons of the dressing and gently massage the kale with your hands.

Next, add the romaine lettuce, broccoli, cucumber, red onion, and chickpeas. Add a little more dressing and toss to combine. Add the tomatoes, olives, and fresh herbs. Toss gently.

Taste and adjust seasoning with salt and freshly ground black pepper if needed. Serve immediately.