

# Broccoli Rabe, White Kidney and Roasted Chickpea Salad



FOODSERVICE

SERVING SIZE: 15

## Ingredients

- 3 cups Broccoli Rabe, tough non leafy stems removed
- 2 1/4 cups **Furmano's Chick Peas (Garbanzo Beans)**, Drained & Rinsed
- 2 tablespoons Olive Oil
- As Needed Roasted Lemon Vinaigrette
- 1/4 cup Roasted Lemon Juice
- 1/4 cup Olive Oil
- 1 teaspoon Pure Maple Syrup
- As Needed Salt To Taste
- As Needed Pepper to Taste
- 1 tablespoon Shallots, Minced
- 2 1/4 cups **Furmano's White Kidney Beans (Cannellini Beans)**, Drained

## In This Recipe



White Kidney Beans  
(Cannellini Beans) - 15.5 oz.



Pouch Organic Chick Peas  
(Garbanzo Beans)



Organic Chick Peas  
(Garbanzo Beans)



White Kidney Beans  
(Cannellini Beans)

## Preparation

1. In a well salted stockpot, bring water to a boil and drop broccoli rabe in for one minute. Blanch in ice water after the minute and drain. Reserve
2. Cut lemons in half and put on a grill/saute pan flesh side down for three minutes. Reserve Juice.
3. For the Roasted Lemon Vinaigrette: combine roasted lemon juice, maple syrup, minced shallot in a food processor, pulse until combined.
4. With the food processor running, add oil very slowly. Reserve dressing.
5. Preheat oven to 350F.
6. Toss Chickpeas and Olive Oil and roast for 10 minutes. Reserve.
7. In a mixing bowl combine Broccoli Rabe, Roasted Chickpeas, Cannellini Beans and Roasted Lemon Vinaigrette. Toss to combine. Best if marinate for thirty minutes.

