

Warm Greek Lentil and Chickpea Salad



FOODSERVICE

SERVING SIZE: 15

Ingredients

- 3 each Head of Garlic
- 3 tablespoons Olive Oil
- 1 1/2 cups **Furmano's Fully Cooked Lentils**, Drained and Rinsed
- 1 1/2 cups **Furmano's Chick Peas (Garbanzo Beans)** , Drained & Rinsed
- 2 tablespoons Vegetable Oil
- 2 tablespoons White Wine Vinegar
- 1 tablespoon Lemon Juice
- 1 tablespoon Oregano, chopped
- 2 tablespoons Parsely, Chopped
- 1/2 cup Greek Olives, Pitted and Sliced
- 1/2 cup Artichoke Hearts, Drained and Quartered
- 1/4 cup Sun Dried Tomato Strips
- 1/4 cup Red Onion, Shaved
- 1/2 cup Feta Cheese, Crumbled
- 1 tablespoon Kosher Salt
- 1 1/2 teaspoons Black Pepper

In This Recipe



Fully Cooked Lentils - 24 oz.



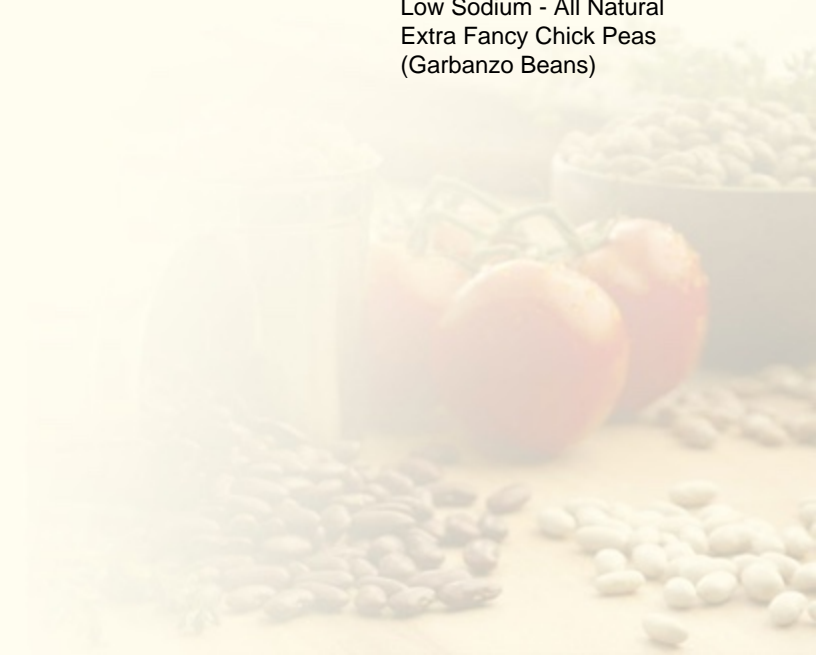
Fully Cooked Lentils - 108 oz.



Pouch Extra Fancy Chick
Peas (Garbanzo)



Low Sodium - All Natural
Extra Fancy Chick Peas
(Garbanzo Beans)



Preparation

1. Roast Garlic in oven in a foil packet with Olive Oil. Reserve
2. While the Garlic is cooling, place a medium sized pot over medium heat with Vegetable Oil.
3. Once the oil starts to shimmer add in Lentils and Chickpeas and cook for 5-7 minutes, until just starting to brown. Reduce heat to medium low, stir in herbs for about one minute.
4. Next, stir in Olives, Artichokes, Tomatoes and Salt and Pepper. Let cook for three more minutes. Reserve.
5. While the salad finishes cooking, fully mash the roasted garlic cloves until broken apart and place in a mixing vessel. Next, whisk in Olive Oil, Vinegar, Lemon Juice and Salt and Pepper. Reserve.
6. In another mixing vessel, add warm salad,toss with red onion, and feta cheese and salad dressing.
7. Garnish with fresh parsley.

