

Sara Zesta!

Episode 1: Fantastic Chickpeas

Recipe Courtesy of Michael Schoening Owner and Chef of
Leaf & Lentil Restaurant in Sarasota

Chickpea Salad Pita

(Like tuna or chicken salad but with chickpeas! So good - sure to be a new favorite in your house!)

Ingredients

12 oz canned chickpeas

1 or 2 tablespoons diced celery (more or less per your taste)

1 tablespoon diced onion (more or less per your taste)

2 or 3 tablespoons vegan mayonnaise (or your preferred type of mayonnaise)

1/2 or 1 tablespoon plum vinegar (available in the ethnic aisle at most grocery stores - use rice wine vinegar as an alternative)

Pepper to taste (pepper goes really well on this!)

Diced tomatoes, diced cucumbers, arugula (or chopped lettuce) - for pita/sandwich assembly

Directions

Lightly mash the chickpeas with a fork. Stir in the remaining ingredients. Serve in a warm pita with diced tomatoes, arugula, and chopped cucumber. Or put everything on a wrap. Or make it into a sandwich! So good and versatile. We even eat it as a platter without any bread - served over lettuce, topped with the tomato and cucumber - even add a few olives! So many ways to serve and eat this tasty dish that will be a new favorite in your house.