



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Balela Salad

Enjoy a medley of Mediterranean flavors with this fresh bean salad, featuring protein-packed chickpeas, perfect for a summer BBQ.



INGREDIENTS

SALAD

- 3 ½ cups cooked chickpeas
- ½ cored and chopped green bell pepper
- 1 finely chopped jalapeno pepper (optional)
- 2 ½ cups grape tomatoes
- 5 chopped green onions, both white and green parts
- ½ cup sun dried tomatoes, (use ones that have been preserved in jars with olive oil)
- ⅓ cup pitted Kalamata olives
- ¼ cup pitted green olives
- ½ cup freshly chopped parsley
- ½ cup freshly chopped mint or basil

DRESSING

- ¼ cup extra virgin olive oil
- 2 tbsp white wine vinegar
- 2 tbsp lemon juice
- 1 minced clove garlic
- pinch salt and pepper, to taste
- 1 tsp sumac, ground
- ½ tsp aleppo pepper
- ¼ tsp red pepper flakes, optional

INSTRUCTIONS

1. In a large bowl, mix together the salad ingredients: chickpeas, vegetables, sun-dried tomatoes, olives, and fresh herbs.
2. In a separate smaller bowl or jar, mix together the dressing ingredients: extra virgin olive oil, white wine vinegar, lemon juice, minced garlic, salt and pepper, and spices.
3. Drizzle the dressing over the salad and gently mix to coat. Leave aside for 30 minutes before serving, or cover and refrigerate until ready to serve.
4. When ready to serve, give the salad a quick mix and taste to adjust seasoning if at all needed. Enjoy!

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