

Freekeh, Chickpea and Herb Salad

Serves 6

Ingredients:

1 cup freekeh
2 cups water
½ teaspoon salt
½ cup chopped fresh flat-leaf parsley
¼ cup chopped fresh mint
1 cup thinly sliced celery, plus 3 T chopped leaves
1 bunch scallions, finely chopped
1 can chickpeas, drained and rinsed
¼ cup fresh lemon juice, more to taste
¼ teaspoon lightly toasted cumin seeds, ground
1 garlic clove, minced or pureed (optional)
2 tablespoons extra-virgin olive oil



Preparation:

1. Heat a medium-size heavy saucepan over medium-high heat and add freekeh. Toast in the dry pan, shaking pan or stirring, until freekeh becomes fragrant, 2 to 3 minutes. Add 2 cups of water and ½ teaspoon of salt and bring to a boil.
2. Reduce heat to low, cover and simmer 20 to 25 minutes or until water has been absorbed. Turn off heat and uncover. Place a clean dish towel over the pot and return lid. Let sit at least 10 minutes, then uncover and allow freekeh to cool another 10 minutes.
3. In a large bowl, combine, freekeh, chopped herbs, celery, scallions and chickpeas and toss together. In a small bowl, whisk together lemon juice, cumin, garlic, salt and olive oil; toss with salad. Taste and add more lemon juice if desired. Serve right away or let sit for up to 1 hour before serving.

Advance Preparation: The salad is best served within a few hours of tossing with the dressing, but it will keep for a few days in the refrigerator.