

ONCE UPON A *chef*

## CHICKPEA &amp; RED ONION SALAD

By Jennifer Segal

Servings: 4

INGREDIENTS

1/3 cup finely diced red onion, from 1 small red onion  
2 (15 oz) cans chickpeas (preferably Goya), drained and rinsed (see note)  
3 tablespoons extra virgin olive oil  
3 tablespoons vegetable oil  
1-1/2 tablespoons freshly squeezed lemon juice, from 1 lemon  
1/3 cup finely chopped fresh parsley  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1/8 teaspoon sugar

INSTRUCTIONS

Place the diced onion in a small bowl and cover with cold water. Let sit for 10 minutes, then drain. (This step tames the bite of the raw onion.)

Combine the onions with the remaining ingredients and toss well. Taste and adjust seasoning with more lemon, salt, and pepper, if necessary. Cover and refrigerate until ready to serve. Toss well before serving and adjust seasoning again, if necessary.

Make-Ahead: The salad can be made and stored in a covered container in the refrigerator up to 2 days ahead of time.

Note: Different brands of chickpeas contain different levels of salt, so if using a different brand than the one specified, add salt to taste.

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Per serving (4 servings)

|                |        |
|----------------|--------|
| Calories:      | 488    |
| Fat:           | 27 g   |
| Saturated fat: | 3 g    |
| Carbohydrates: | 50 g   |
| Sugar:         | 9 g    |
| Fiber:         | 14 g   |
| Protein:       | 15 g   |
| Sodium:        | 598 mg |

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