

Chickpea Potato Salad with Lemon-Garlic Dressing

Stephanie Witt Sedgwick - Special to The Washington Post
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Servings: 6

1 1/2 pounds all-purpose potatoes
3 tablespoons olive oil
2 medium cloves (3 tbsp) garlic, finely chopped
1 1/2 cups no-salt-added chickpeas
2 tablespoons white wine vinegar
zest of one large or two medium lemons, finely grated
juice from one large or two medium lemons, freshly squeezed
1/4 cup parsley leaves, chopped and loosely packed
salt
freshly ground black pepper

Place the potatoes in a medium pot and cover with cold water. Bring to a boil over medium-high heat. Cook for 15 to 20 minutes, until a metal skewer or the tip of a sharp knife can slide easily through the potatoes. Be careful not to over cook them.

Meanwhile, heat the oil and garlic in a small saute' pan or skillet over medium-low heat. The oil should be just hot enough to cook the garlic without browning it. Cook for 7 to 8 minutes until it is soft then remove from the heat and cool for 10 minutes.

When the potatoes are done, drain and cool for 5 to 10 minutes. Peel each potato then cut into 3/4-inch chunks and place into a mixing bowl as you work.

In a large bowl, add the chickpeas, vinegar, lemon zest, lemon juice, parsley, the cooled garlic-oil mixture and salt and pepper (to taste). Gently toss to mix and evenly distribute the ingredients. Let sit for 10 minutes before serving.

Serve warm or at room temperature.

Per Serving (excluding unknown items): 152 Calories; 7g Fat (39.7% calories from fat); 2g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.