

# Mediterranean Crunch Salad Recipe

Prep Time: 20 minutes

Cook Time: 25 minutes

Yields: 4 servings

## Ingredients

<b>Smoked Paprika</b> .....	½ tsp
<b>Sesame Seeds</b> .....	1 tbsp
<b>Lemon</b> .....	1, zested & juiced
<b>Extra Virgin Olive Oil</b> .....	3½ tsp, divided
<b>Kosher Salt</b> .....	1¾ tsp, divided
<b>Garlic</b> .....	1 clove
<b>Chickpeas</b> .....	15.5 oz can
<b>Avocado</b> .....	1
<b>English Cucumber</b> .....	1
<b>Shallot</b> .....	1
<b>Heirloom Tomato</b> .....	1
<b>Cup Loosely Packed Basil</b> ....	1 Cup

## Directions

### Step 1

Preheat the oven to 425° Fahrenheit. To a medium-sized bowl, add the smoked paprika, sesame seeds, lemon zest, 2 tablespoons olive oil, and 1 teaspoon salt. Grate the garlic clove into the bowl, then whisk to combine. Rinse and pat dry the chickpeas, then add to the olive oil mixture. Toss to combine, then roast in the oven until crunchy, 20-25 minutes.

### Step 2

While the chickpeas roast, add the avocado, lemon juice, remaining ¾ tsp salt, and 1½ tablespoons olive oil to a blender. Blend until smooth and airy.

### Step 3

Make the salad by chopping the cucumber into 1-inch pieces, smashing each piece with the side of a knife. Thinly slice the shallot and dice the tomato, then tear the basil leaves. Add the cucumber, shallot, tomato, and basil to a medium-sized bowl and toss

### Step 4

To serve, spread the whipped avocado on the bottom of a large plate or shallow bowl. Top with the salad, then spoon the crunchy chickpeas over the top and enjoy immediately