

Salad of Marinated Chickpeas

INSALATINA DI CECI MARINATI

This classic southern Italian antipasto is a great accompaniment to seafood, grilled tuna or tuna packed in oil; grilled leg of lamb, whether whole, cut into steaks, or as brochettes; and thinly sliced dry-cured ham like French Bayonne, Spanish Serrano, Italian prosciutto, or one of the great smoked hams from the Balkans.

Makes 6 first course servings

The amount given with a “QB” ingredient is a suggestion. “QB” stands for “quanto basta.” It basically means in Italian “how much is needed.” It’s up to you how much or how little to use. The amount may also change due to the quality of the ingredient or how old it is.

- *2 tablespoons minced red onion QB*
- *2 tablespoons red wine vinegar QB*
- *1/4 teaspoon red pepper flakes QB*
- *1/4 teaspoon fine sea salt QB*
- *1 small clove of garlic QB*
- *2 15-ounce cans chickpeas, drained and rinsed*
- *1 medium carrot, peeled*
- *2 tablespoons chopped flat leaf parsley QB*
- *1/3 cup extra virgin olive oil*
- *2 cups (loosely packed) arugula*

Combine the red onion, vinegar, pepper flakes, and salt in a small mixing bowl.

Mince the garlic and add to the vinegar mixture.

Stir to combine and let rest 10 minutes.

Place the chickpeas in a medium-sized bowl.

Grate the carrot over the chickpeas.

Add the parsley.

Whisk the vinegar and add the oil in a slow, steady stream.

Add the dressing to the chickpeas and gently stir to combine.

Cover and refrigerate 1-2 hours.

Remove from the refrigerator 30 minutes before serving. Stir from time to time and adjust the seasonings to taste.

Add the arugula just before serving. Gently stir to coat the leaves.