



Maia Organic Black Chickpea Salad with Farro & Tuna

INGREDIENTS

Recipe - SUSAN POLLACK, ITALFOODS

Start this salad at least one day ahead to account for the soaking time of the Chickpeas. Blend this salad together a minimum of two hours before serving so that the flavors combine and develop.

MAIA ORGANIC BLACK CECI (CHICKPEAS) BEANS
ONION – PEELED, SLICED IN HALF
GARLIC CLOVES – SMASHED, SKIN REMOVED
SEVERAL BAY LEAVES
MAIA ORGANIC PEARLED FARRO
HIGH QUALITY CANNED TUNA EITHER IN OLIVE OIL OR WATER
KALE - CHOPPED
CARROTS - DICED
SUNDRIED TOMATOES – CHOPPED
GREEN ONIONS - CHOPPED
CAPERS
CHILI FLAKES (optional)
EXTRA VIRGIN OLIVE OIL
LEMON ZEST
LEMON JUICE
LEMON EVOO
WHITE WINE VINEGAR
SEA SALT
CHOPPED ITALIAN PARSLEY



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FIRST BIODEGRADABLE PACKAGE

- Sort through Black Ceci beans. Place in a pot or bowl with plenty of cold water. **Soak at least 12 hours.**
- Rinse beans, place in a large pot with double the amount of water to beans. Add the onion, garlic and bay leaves to water. No salt. Bring to a boil, skim, cover, reduce to a simmer. Cook for about 1 hour. Beans should be al dente but easy to chew.
- Drain beans, remove bay leaves, onion and any large pieces of garlic. Toss with EVOO and sea salt. Set aside to cool. Beans can be prepared one day in advance. Refrigerate if made ahead.
- While beans are cooking, boil water in a large pot. When boiling, add salt.
- Add farro and cook until tender about 20 minutes. Drain farro, pour a little extra virgin olive oil over the farro and mix. Let cool. This can be prepared one day in advance. Refrigerate if made ahead.
- Once the beans & farro have cooled, add the rest of the ingredients and toss. Taste for salt.
- Let sit unrefrigerated if serving in the next couple of hours or refrigerate if serving time is beyond this limit. Toss a couple of times to make sure flavors are blending. If refrigerated, take the salad out an hour or so ahead of serving so that it comes up to room temperature.
- Before serving, taste again for salt and acid. You may need to add a little vinegar or lemon juice to make the flavor balance a little sharper.