

Colorful Berries Asparagus, and Barley Salad with Crispy Chickpeas and Feta Cheese



PREP TIME: 15minutes COOK TIME: 50 minutes

SERVINGS: 4

CRISPY CHICKPEAS:

1 can no salt added chickpeas, rinsed and drained

1T Olive Oil (flavored olive oil such as lime is lovely)

Pinch cayenne pepper

1/4 teaspoon kosher salt

Preheat oven to 375 degrees and line a baking sheet with parchment paper.

Place the rinsed chickpeas on a clean towel and pat dry. It's important to get as much moisture off of them as possible so that they get crispy.

In a bowl toss together the chickpeas, oil and cayenne pepper

Spread the chickpeas onto the prepared baking sheet into a single layer.

Roast the chickpeas for 20 minutes then remove from the oven and stir the chickpeas. Roast for another 20 minutes then remove from the oven.

LEMON POPPY SEED DRESSING:

1/2 cup plain low fat yogurt

2 lemons, zested and juiced (3 Tablespoons lemon juice and 1 tsp zest)

2 teaspoons Olive Oil

2 tablespoons honey

2 teaspoons poppy seeds

Kosher salt to taste

In a small bowl whisk together all of the dressing ingredients until smooth.

Store the dressing in an airtight container until ready to serve.

SALAD:

5 ounces baby mixed greens

1 cup chopped asparagus, roasted, steamed or raw

1 cup quartered strawberries

1 cup blackberries

1 cup cooked and cooled barley

3 ounces cubed or crumbled feta cheese

Place the mixed greens in a large serving bowl. Add 2-3 tablespoons of dressing and toss.

Top the greens with the asparagus, strawberries, blackberries, barley and feta.

Drizzle with a little more dressing and sprinkle with a few chickpeas for a decorative touch.

Serve remaining chickpeas and dressing alongside the salad.