



DOUBLE YOUR DOLLARS

NWA FARMERS' MARKET ALLIANCE

Ingredients

2 LARGE TOMATOES

1 LARGE CUCUMBER

1 BELL PEPPER

1 BUNCH FRESH PARSLEY

3 GARLIC CLOVES OR 3/4 TSP GARLIC POWDER

2 15 OZ CANS CHICKPEAS OR 3 CUPS COOKED

2 TBSP LEMON JUICE

1 TBSP DIJON MUSTARD

1/2 TSP SUGAR

1/4 CUP COOKING OIL

1 1/2 TSP SALT

3/4 TSP PEPPER

1/4 - 1/2 CUP FETA OR GOAT CHEESE (OPTIONAL)



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Supply List

MEASURING SPOONS

MEASURING CUPS

COLANDER OR STRAINER

CUTTING BOARD

KNIFE

LARGE BOWL

SMALL BOWL

SPOON FOR STIRRING

WHISK



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Instructions

1. DICE TOMATOES.
2. DICE CUCUMBER.
3. DICE BELL PEPPER.
4. MINCE PARSLEY.
5. DRAIN AND RINSE CHICKPEAS.
6. IN A LARGE BOWL, ADD CHICKPEAS, TOMATOES, CUCUMBER, BELL PEPPER, AND PARSLEY. TOSS TO COMBINE.
7. IN A SEPARATE BOWL, ADD GARLIC, LEMON JUICE, MUSTARD, SUGAR, SALT, AND PEPPER. STIR WELL.
8. STARTING WITH A COUPLE DROPS, DRIZZLE IN OLIVE OIL. INCREASE DRIZZLE TO A SLOW STEADY STREAM AND WHISK UNTIL EMULSIFIED.
9. POUR DRESSING OVER SALAD, TOSS TO COMBINE. MARINATE FOR AT LEAST 30 MINUTES.
10. WHEN READY TO SERVE, TOP WITH CHEESE IF USING.