

Tomato Chickpea Basil Salad

Culinary Medicine, Nutrition Services

Serves: 4, Serving Size: 1 cup

Equipment: cutting board, knife, can opener, large bowl, spoon

Ingredients

4 large, fresh tomatoes, diced,
OR 2 pints cherry tomatoes, quartered

1 bunch fresh basil, chopped

2 cans garbanzo beans (chickpeas), drained and rinsed

1/2 cup extra virgin olive oil

1/4 cup vinegar (e.g. apple cider, red wine, sherry vinegar)

1 pinch salt

Pepper to taste

Instructions

1. Combine all ingredients in a large bowl.
2. Toss until tomatoes and garbanzo beans are evenly coated.
3. Can be refrigerated or served immediately.



THE
University of Vermont
MEDICAL CENTER

Tomato Chickpea Basil Salad

Why We Like This Recipe

This 5-minute salad is shockingly refreshing, light, flavorful, and satisfying at any time of year.

Chef's Notes:

- Not good with a knife? Toss the entire recipe into a food processor and give it a few quick pulses to break open the tomatoes and mix up the ingredients.

Nutrition Notes:

- Basil is reputed to support the health of the immune, digestive and cardiovascular systems. The flavonoids present act as antioxidants to protect the body's cells from oxygen-based damage. Volatile oils and carotenoids present in basil may act as an antibacterial protector for cells.

Gardener's Notes:

- There are many wonderful varieties! Thai basil is a diminutive plant with beautiful, delicate little leaves and later, purple flowers often used in Asian cooking. Its flavor is more stable under high cooking temperatures. Sweet, or Genovese basil is a bigger plant with larger leaves, and is more common in European cooking.



THE
University of Vermont
MEDICAL CENTER