



Chickpea, Beet and Citrus Salad

By Rosalinda Paez

This salad has a vibrant mix of colors, flavors and textures. Make sure to zest one orange and one tangerine before cutting them. You'll be able to gather enough orange and tangerine juice for the dressing from the cut citrus pieces.

4 servings

Prep Time: 20 minutes

Cook Time: none

Ingredients

- 2 naval oranges
- 2 tangerines
- 1 cup peeled and shredded raw beets
- 1 15-ounce can chickpeas, drained and rinsed

Dressing:

- 1/2 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon orange zest
- 1 tablespoon fresh orange juice
- 1/2 teaspoon tangerine zest
- 1 tablespoon fresh tangerine juice
- 1 tablespoon champagne or white wine vinegar
- 1 garlic clove, pressed
- 1/2 teaspoon salt
- 1/2 cup extra virgin olive oil
- 3-4 hearts of romaine, shredded
- 1/4 cup sesame seeds, preferably black



Photo: Lori Eanes Photography

Instructions

Cut a disk off the top and bottom of each orange, slicing through the colored peel and white pith to expose the flesh. Next, cut downward, following the contours of the fruit, to remove the skin and pith, thereby exposing the orange flesh. Repeat until all the skin is cut away.

Cut the orange crosswise into slices, and then into bite-sized pieces. Add the oranges to the bowl.

Cut the tangerines the same way, and add to the bowl with the oranges. Stir in the beets, chickpeas, and olives and set aside.

For the dressing, whisk together the lemon zest and juice, the orange zest and juice, the tangerine zest and juice, the vinegar, garlic and salt. Add the olive oil gradually, whisking thoroughly to combine. Divide the romaine onto plates, top with the chickpea mixture and drizzle with dressing. Sprinkle with sesame seeds and serve.