



CHICKPEA & LEMON PICNIC SALAD

Salade de Pois Chiches au Citron et aux Herbes



Prep Time: 15–20 min (plus chilling time)

Yield: Serves 4–6

Source: The Gilded Table – August Edition

Recipe Description

This salad only gets better with time, making it an effortless make-ahead option for your summer table.

Brimming with Mediterranean charm, this Chickpea & Lemon Picnic Salad is a symphony of texture and flavor — tender chickpeas tossed with zesty lemon vinaigrette, crisp cucumbers, red onion, and a flurry of fresh parsley. It's refreshing yet satisfying, perfect for al fresco spreads, shaded garden lunches, or tucked inside a woven basket beside a chilled bottle of rosé. *Part of The Gilded Table: August Edition.*

Ingredients

****For the Salad:****

- 2 cans (15 oz each) chickpeas, rinsed and drained
- 1 small cucumber, finely diced
- ½ small red onion, finely chopped
- 1 celery stalk, finely chopped
- ½ cup flat-leaf parsley, chopped
- 2 tablespoons chopped fresh dill or mint
- Zest of 1 lemon

Optional: ¼ cup crumbled feta or shaved Parmesan

****For the Dressing:****

- ¼ cup extra virgin olive oil
- 2–3 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon freshly cracked black pepper

✿ Inveniam viam aut faciam.

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Directions

1. ****Make the dressing:**** In a small jar or bowl, whisk together the olive oil, lemon juice, garlic, mustard, salt, and pepper until emulsified.
2. ****Prepare the vegetables:**** In a large mixing bowl, combine the chickpeas, cucumber, red onion, celery, parsley, dill (or mint), and lemon zest. If using, add feta or shaved Parmesan.
3. ****Assemble the salad:**** Pour dressing over the salad and toss gently to combine. Taste and adjust seasoning. *Chill for at least 30 minutes* to allow flavors to mingle.
4. ****Serve:**** Garnish with extra herbs or lemon zest just before serving. Ideal served cool or at room temperature, picnic-style.



Notes

A salad for sun-dappled afternoons and breezy blanket lunches — light, lemony, and made to travel. 



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