

Mediterranean Chopped Salad

1 medium cucumber, peeled, halved lengthwise, seeded, cut into ½ -inch dice (about 1 ¼ cups)
1 pint grape tomatoes, quartered (about 1 ½ cups)
3 Tablespoons extra virgin olive oil
3 Tablespoons red wine vinegar
1 medium garlic clove, minced or pressed through garlic press (about 1 teaspoon)
1 (14-ounce) can chickpeas, drained and rinsed
½ cup chopped pitted kalamata olives
½ small minced red onion (about ¼ cup)
½ cup roughly chopped fresh parsley
1 romaine heart, cut into 1/2-inch pieces (about 3 cups)
4 ounces feta cheese, crumbled (about 1 cup)
Salt & ground black pepper



To prevent the cut-up produce from exuding moisture, seed the cucumbers and quarter the cherry tomatoes before salting them to expose more surface area to the salt.

Peel cucumber, cut in half lengthwise, and scoop out seeds with spoon. Cut each half crosswise into 2- or 3-inch pieces. Place each piece cut-side up on cutting board; slice lengthwise into even batons. Cut batons crosswise into even dice.

Combine cucumber, tomatoes, and 1 teaspoon salt in colander set over bowl and let stand 15 minutes.

Whisk oil, vinegar, and garlic together in large bowl. Add drained cucumber and tomatoes, chickpeas, olives, onion, and parsley; toss and let stand at room temperature to blend flavors, 5 minutes.

Add romaine and feta; toss to combine. Season with salt and pepper and serve.

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