

# Chickpea Salad

(India)

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There were many invaders from Central Asia that came to India and one of them were the Mughals who invaded in the 16th century. They first came through modern day Afghanistan, and then came to rule in India. As they came, they brought the recipes from Afghanistan so the recipes were mixed. Indians added their flair of Indian spices to come up with chickpea salad.

Brief history of the recipe's cultural origin: The chickpea was introduced to North India from Kabul Afghanistan. It slowly made its way to the rest of India as it is a good source of protein for non-meat eaters.

Serves 4-5 people

## **Ingredients:**

1 cup dried chickpeas, soaked overnight  
1/2 English cucumber  
2 ripe and firm plum tomatoes  
2 shallots  
Bunch of cilantro leaves  
1 teaspoon cumin seeds

Juice of 1 big lime  
1/2 teaspoon paprika  
1 teaspoon Chaat masala (easily found in Indian stores)  
1/4 teaspoon freshly ground black pepper

## **Instructions:**

Cook chickpeas until nice and soft but not mushy.

Strain cooked chickpeas and transfer to a large bowl. Let cool.

Thinly slice shallots and soak in lime juice.

Chop cucumbers into small bite size pieces.

Chop tomatoes also into pieces the same size as cucumbers.

Finely chop cilantro.

Add cucumbers, tomatoes, and cilantro into salad bowl.

Crush roasted cumin to a fine powder.

Add crushed cumin, freshly ground black pepper, paprika, and Chaat masala to salad bowl.

Add marinated shallots to the salad.

Toss the ingredients (you may also add lettuce for a more refreshing taste).

Enjoy the refreshing chickpea salad!