

Chickpea and Orange Salad

by Healing Family Eats

Prep time: 20 minutes

Serves: 6

Dressing -

6 tablespoons extra virgin olive oil
3 tablespoons red wine vinegar
3 tablespoons fresh orange juice
8 anchovy fillets, rinsed, drained and chopped
1 teaspoon honey

Salad -

3 cups cooked chickpeas, drained and rinsed *
6-7 cooked artichoke hearts, halved *
1 small fennel, halved lengthways and thinly sliced widthways
6 thin asparagus, chopped
3 inch piece daikon, cut into matchsticks
3 spring onions, thinly sliced
1 large orange, peeled and segmented
1 large bunch cilantro, chopped
3-4 oz romaine heart, chopped
1/2 English cucumber, quartered lengthways and chopped



First make the dressing. Whisk all ingredients together in a bowl and set aside to macerate.

Put the salad ingredients into a large bowl and mix together.

Pour the dressing over the salad and toss well.

Serve.

* Note: To keep this recipe AIP compliant sub [cauliflower rice](#) for the chickpeas. Also be sure to read labels on packaged artichoke hearts. Citric acid is derived from corn. If you cannot source artichoke hearts, you can steam baby artichokes in 15 minutes and fully grown artichokes in 30 minutes. Alternatively steam for half the time in the Instant Pot.