



# Dairy Isle Summerside Salad

## Ingredients

- 3 tbsp olive oil
- 3 tbsp fresh lemon juice
- 2 tsp ground cumin
- 1/4 tsp each sea salt and ground black pepper
- Pinch of cayenne pepper
- 3 cups BPA-free canned chickpeas (garbanzo beans), drained and rinsed
- 1 large carrot, peeled and julienned
- 3 green onions – thinly sliced
- 2 plum tomatoes – diced
- 1 red bell pepper – diced
- 1/4 cup each chopped fresh cilantro and mint
- 1 cup Dairy Isle Marbled Cheese – cubed

## Method

- In a small bowl, whisk together oil, lemon juice, cumin, salt, black pepper and cayenne; set aside.
- In a large bowl, combine chickpeas, carrot, onions, tomatoes, red pepper, cilantro, mint and Dairy Isle Marbled Cheese.
- Pour lemon juice dressing over chickpea mixture and toss to combine.
- Serve immediately or cover and refrigerate for up to 24 hours.