

Roasted Cauliflower and Garbanzo Bean Salad

Serves 4-6 people

Ingredients

1 head cauliflower, cut into ½" florets (stems can also be included)
2 tbsp olive oil
1 tsp salt
½ tsp black pepper
1 tsp cumin, ground

Dressing

4 cloves garlic, grated or minced
3 green onions, sliced thin
2 vine ripe tomatoes, diced
1 ½ tsp salt
½ tsp black pepper
½ tsp crushed red pepper flakes (optional)
2 lemons, juiced
3 tbsp red wine vinegar
1 bunch Italian parsley (about 2 cups), finely chopped (stems included)
½ c extra-virgin olive oil

1- 15.5oz can garbanzo beans, rinsed and drained
4-5 oz Arugula

Method

Set oven to High Broil and place rack on 2nd to highest place in oven.

Place cauliflower, oil, salt, pepper, and cumin in bowl and toss to coat. Spread out evenly onto sheet pan (do not over crowd) and place in oven and cook for 5-7 minutes or until browning occurs. Flip over cauliflower and continue to cook for additional 5-7 minutes or until browning occurs. Remove and allow to cool.

Place the remaining ingredients; except for the garbanzo and oil into large bowl. With clean hands crush tomatoes into rest of mixture until broken down. Toss in beans and cauliflower; mix thoroughly. Place on top of a bed of arugula and serve family style or individual.

WINE PAIRING:

Domaine Gueguen Bourgogne Cotes

Link to wine: <https://www.abcfws.com/product/523455>

About this wine: Aromas of white flowers, almonds and toast; it has great minerality with flavors of honey.