

Chickpea "Niçoise" Salad

There's something about a Niçoise salad that shouts summer. We make ours with fingerling potatoes, roasted green beans, kalamata olives and a chickpea salad in place of the traditional tuna. With a Dijon and caper dressing over mixed greens, it's a dinner that's totally delicious.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Saucepan
- Baking Sheet
- 2 Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (3)

6 MEEZ CONTAINERS

- Chickpea Salad
- Fingerling Potatoes
- Green Beans
- Spinach & Arugula
- Niçoise Dressing
- Olives, Tomatoes & Capers

Good to Know

Make Ahead: This dinner is great cold. Hard boil the eggs and roast the potatoes and green beans the day before. When you're ready to eat, assemble and serve. Just be sure to keep the cooked items separate until you're ready to toss it all together.

Health snapshot per serving – 570 Calories, 17g Protein, 34g Fat, 52g carbs, 12 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Fingerling Potatoes, Green Beans, Chickpeas, Spinach, Arugula, Tomatoes, Green Olives, Kalamata Olives, Black Olives, Red Onion, Celery, Carrot, Mayonnaise, Dijon Mustard, Olive Oil, Sweet Relish, Lemon, Black Pepper, White Pepper, Kosher Salt, Capers.

meez *meals*

1. Getting Organized

Preheat your oven to 425.

2. Hard-Boil the Eggs and Make the Chickpea Salad

Place 3 eggs in a large saucepan and cover with cold water (the water higher than the eggs by one inch.) Put the lid on the saucepan and bring to a boil over high heat. When the water is boiling, keep the lid on and remove from the heat. Let the eggs sit in the hot water for 15 minutes, then run under cold water. Peel and cut two of the eggs in half and set aside for step 4.

Cut the third egg into pieces about ¼" by ¼." (Don't worry, they don't need to be perfect squares.) Transfer the diced egg to a large mixing bowl along with the **Chickpea Salad**, stir, and refrigerate until step 4.

3. Roast the Potatoes and Green Beans

While the water is coming to a boil, slice the **Fingerling Potatoes** in half the long way so you have two long but skinny halves. Place the sliced potatoes in a bowl and toss with a light drizzle of olive oil, salt, and pepper. Arrange the potatoes face down on a baking sheet (leaving room for the green beans to be added part-way-through) and cook for 15 minutes. While the potatoes are roasting add the **Green Beans** to the now-empty mixing bowl and toss with a drizzle of olive oil, salt and pepper.

Once the potatoes have been cooking for 15 minutes, remove the baking sheet from the oven and add the green beans. Cook until the green beans are slightly charred but still crisp, and the potatoes are fork tender, about 7 to 10 additional minutes.

4. Put It All Together

Use the now-empty mixing bowl to toss the **Spinach & Arugula** with the **Niçoise Dressing** and transfer directly to serving plates. Place a scoop of the Chickpea Salad in the center and surround with the hard-boiled egg, roasted potatoes, charred green beans, and **Olives, Tomatoes & Capers**. Enjoy!

Instructions for two servings.

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