

CRISPY CHICKPEA COBB ADAPTED FROM THE CHUBBY VEGETARIAN

INGREDIENTS

champagne vinaigrette / marinade -

- 4 T olive oil
- 4 T champagne vinegar
- 2 t honey
- 1/4-1/3 t sriracha or hot sauce
- 1 t grainy mustard
- salt and pepper
- 1-2 T capers

salad -

- 1 head romaine, chopped
- 2 hard boiled eggs, quartered
- 3/4 cup cherry tomatoes, chopped
- heaping 1/4 cup sunflower seeds
- 1 chicken breast
- 1 avocado, peeled and sliced
- 2 slices prosciutto
- 1 (15 oz.) can chickpeas, drained and rinsed
- 1 T olive oil
- 1/4 cup crumbled blue cheese
- salt and pepper

DIRECTIONS:

1. Whisk together the dressing ingredients. Pour half over the chicken breast and marinate for 30 minutes. Set the rest aside for the salad.
2. Meanwhile heat olive oil in a skillet over medium/high heat. Add the chick peas with salt and pepper. Cook and stir them now and then until crispy. While they're crisping, heat a grill pan over medium heat and cook the chicken for about 5 minutes on each side, or until cooked through. This will take more or less time based on how thick the chicken breast is. Heat a skillet and cook the prosciutto slices until just crisped.
3. Chop all of your ingredients! Crumble that cheese! Arrange everything in rows on a plate or in a bowl. Top with salt and pepper and dressing. Enjoy!