



Mangia Bene, Viva Bene

By FRANK ZEOLI



My grandmother had a love of vegetables and would make them many different ways, all depending on what the rest of the menu consisted of. During the summer, she would make several cold salads using those vegetables. One of my favorites was her fresh beet salad with chickpeas. She would use fresh beets that she would get at a farm stand or farmer's market. However, in a pinch she would use canned beets. Either way, it was a great accompaniment to any backyard BBQ.



Fresh Beet Salad *with Chickpeas*



Prep Time: 2 Hours

Ingredients

- 3-4 large fresh beets (greens removed and skin on)
- 1 small red onion (peeled & cut julienne)
- 1 can or 16 oz of chickpeas (chi-chi beans)
- 2 oz of extra virgin olive oil
- 6 oz of red wine vinegar
- ½ teaspoon of kosher salt
- ¼ teaspoon of black pepper
- 1 tablespoon of dried oregano

Instructions

1. Add your fresh beets, with the skin on, to a medium pot of salted water. Bring the pot to a boil. Boil the beets until you can place a fork through them, approximately 45 minutes. Drain the water and let the beets cool for a few minutes. While still warm remove the skin.
2. Once the beets are fully cool, cut them into quarter size pieces about a ¼ inch thick.
3. Place the beets into a serving bowl. Add the julienned red onion and vinegar to the bowl and mix it thoroughly.

Cover the bowl with plastic wrap and place it in the refrigerator for at least an hour.

4. After an hour, take the bowl out of the refrigerator. Add the oregano, salt, pepper, olive oil and chickpeas to the bowl; give it a good mix.

Serve it with a piece of crusty Italian bread.

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SIAMO QUI

