

# Parsley Salad

- 1 bunch of flat leaf [parsley](#), stemmed
- 1 medium-sized [red onion](#), roughly chopped
- 2 cloves of [garlic](#), roughly chopped
- 2 T capers
- 1/2 c [walnuts](#)
- 2 c dried homemade breadcrumbs
- 1 lemon, juiced
- 1/4 c olive oil
- [Herbamare](#) salt and freshly ground black pepper to taste

Toss garlic and walnuts into a food processor and pulse to chop. Add parsley, onion and capers and process to blend, using a spatula intermittently to ensure ingredients are evenly cut. Add breadcrumbs and lemon juice and pulse to combine. Add olive oil and pulse to combine. Season with salt and pepper and process to combine.

Serve **Parsley Salad** as a side or a condiment. It goes well with eggs, fish, seafood, chicken, meat, pasta, toast, crackers or, dare I say, everything. **Parsley Salad** can be used to encrust a rack of lamb before or after cooking. It can be added to minced meat before cooking a burger or even used as a burger topping. Dress a potato salad with it, complement cooked or raw vegetables, garnish a soup. The crispy breadcrumb texture, sweetness of the red onion, tartness of the lemon, freshness of the parsley, brine of the capers, bite of the garlic, density of the nuts and smoothness of the olive oil all combine to make **Parsley Salad** sing.

**Note:** Make half of the recipe at a time if you're not planning to use the **Parsley Salad** quickly. It tastes more like a smooth dip the second day, you lose the crunch of the breadcrumbs.

**Jittery Cook**