Curried Chickpea Salad

[**TARA PARKER-POPE**](http://cooking.nytimes.com/search?q=Tara+Parker-Pope)

* Yield4 servings
* **4** **teaspoons best-quality olive oil**
* **1** **cup diced onions**
* **½** **teaspoon turmeric**
* **½** **teaspoon cumin**
* **½** **teaspoon coriander**
* **¼** **teaspoon cayenne pepper(optional)**
* **2** **15-ounce cans chickpeas, drained and rinsed**
* **4** **teaspoons lemon juice, or to taste**
* **¼** **teaspoon salt**
* **Pepper to taste**
* **2** **tablespoons chopped freshcilantro or parsley**

PREPARATION

1. Heat a sauté pan large enough to easily hold the beans over medium heat. When hot, add the oil to heat, then add the onion and sauté until deeply colored, about 6 to 8 minutes, stirring periodically.
2. Add the turmeric, cumin, coriander and cayenne pepper (if using) and continue to sauté until the spices are aromatic and a bit toasted, about 3 minutes.
3. Add the chickpeas, lemon juice, salt and pepper and cook for another 5 minutes to blend the flavors.
4. Remove from heat and cool. Store in the refrigerator, or mix in the fresh cilantro or parsley and serve immediately.