

JUNE 2020

CHICKPEA SALAD

Time: 10 minutes

I've made this recipe five times since we've been working from home, and each time I've done a little something different. Whether it's garnishing the salad with cilantro, or substituting the type of nut to use, I think I like it better each time I make it! Serve this on a sandwich, in a lettuce wrap, or by itself. It's kid friendly, and a great way to use up some of those canned beans!

Ingredients:

- 2 cans chickpeas, drained and rinsed
- 2-3 celery ribs, diced
- 1/3 cup onion, diced (red or yellow would work)
- 1/4 cup nuts, chopped (I have used pecans, almonds, and cashews)
- 2 Tbsp mayonnaise
- 1 Tbsp plain yogurt (I used Greek)
- 1 Tbsp dijon mustard
- 1/2 tsp curry powder
- 1/4 tsp salt
- 1/2 tsp garlic powder
- 2 tsp lemon juice
- 1/2 tsp honey
- 1/4 tsp pepper
- Cilantro (optional)



Directions:

1. Mash chickpeas in a large bowl.
2. Mix in celery, onions, and nuts.
3. Make dressing in a small bowl: mix mayonnaise, yogurt, mustard, curry powder, garlic powder, salt, honey, lemon juice, and pepper. Add the dressing to the chickpea mixture and stir to combine. You may not need all of the dressing - add to taste. (Extra dressing can be used as a veggie dip!)
4. Top with the chopped cilantro.