



A Program of



**Building Healthier
Communities**

CHICKPEA SALAD

SERVINGS: 2 | RECIPE TIME: 25 mins.

Ingredients:

- 15 oz chickpeas, canned
- 1 stalk celery, finely chopped
- ½ jalapeno pepper, minced (optional)
- 2 Tablespoons cilantro or parsley, chopped
- ¼ cup red onion, finely chopped
- 1 teaspoon lemon juice,
OR 1 Tablespoon lime juice
- 3 Tablespoons chickpea liquid from can
- 2 cloves garlic, minced
- 2 Tablespoons olive oil
- 1 teaspoon honey
- 1 teaspoon salt, to taste
- ½ teaspoon pepper, to taste



This filling, fiber-rich salad is perfect for a lunch or snack. You can make the salad ahead of time, and it actually tastes even better after a day or two in the fridge!

Directions

Prep salad

- Drain 1 can of chickpeas and reserve 3 Tablespoons of chickpea can liquid
- Place chickpeas into a wide bowl, and begin to mash them with a potato masher or large spoon. Add up to 2 T chickpea can liquid to help the consistency resemble a chunky tuna salad. Set aside.
- Prep vegetables: finely chop celery, dice red onion, chop cilantro or parsley, and mince jalapeno pepper (if using). Add veggies to mashed chickpeas.

Make Vinaigrette

- Add 1 t salt, ½ t pepper, 1 T chickpea can liquid, olive oil, honey, and two garlic cloves to small blender OR mince garlic and whisk all ingredients together.
- Add half the vinaigrette to chickpeas and veggies, mix well and taste. Adjust flavor to your liking with more vinaigrette or salt, pepper, and citrus.
- Eat as-is or serve over toast, crackers, etc.

Recipe adapted from Leah's Pantry: Around the Table curriculum