

Making it delicious

Chickpea Waldorf Salad



Ingredients

- 1/2 cup plain yogurt
- 2 Tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 tsp. honey
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 can chickpeas, rinsed
- 2 ribs celery, chopped
- 1 medium apple, chopped
- 1 cup red grapes, halved
- 1/2 cup walnut pieces (optional)*
- 1/2 cup red onion, diced (opt.)
- 1/4 cup fresh parsley (opt.)
- 4 cups salad greens

*Substitute sunflower or pumpkin seeds for a nut-free option



Instructions

- Combine the yogurt, vinegar, mustard, honey, salt, and pepper in a bowl. Whisk until well-combined.
- Combine the chickpeas, celery, apple, grapes, onion, parsley, and walnuts in a large bowl, and toss with the dressing.
- Serve over salad greens.

Recipe adapted from www.thekitchn.com

SERVINGS: 4 | PREP TIME: 20 MIN