

CHICKPEA WALDORF SALAD

A refreshing twist on the classic Waldorf salad, this recipe uses canned chickpeas instead of chicken. The chickpeas provide plant-based protein, iron and plenty of fiber, while the yogurt dressing provides calcium and protein.

Ingredients

½ cup plain Greek yogurt
2 tablespoons apple cider vinegar
1 teaspoon Dijon mustard
1 teaspoon honey
½ teaspoon salt
¼ teaspoon black pepper
1 (15.5 ounce) can chickpeas, drained and rinsed
2 ribs celery or red pepper, finely chopped
1 medium apple (any kind), chopped into ¼-inch chunks
1 cup red grapes, cut in half
½ cup diced red onion
¼ cup chopped parsley
½ cup walnuts, toasted and roughly chopped

Instructions

Prepare the yogurt dressing by combining the yogurt, apple cider vinegar, mustard, honey, salt, and pepper in a bowl. Whisk until well-combined.

Combine chickpeas, celery (or red pepper), apple, grapes, onion, parsley, and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Refrigerate for about 30 minutes before serving, or up to 5 days.

Adapted from the Kitch'n



Nutrition Facts	
8 servings per container	
Serving size 3/4 cup (142g)	
Amount Per Serving	
Calories 180	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes <1g Added Sugars	1%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.