



CHICKPEA SALAD

Recipe by Simple Veganista

INGREDIENTS

- 1 15-oz can chickpeas, drained and rinsed
- 3 Tbsp red onion, finely diced
- 2 Tbsp celery, finely chopped
- 1-2 Tsp diced pickles or relish
- 1/2 cup Greek yogurt
- 1 Tbsp Dijon mustard
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 to 1/2 tsp turmeric
- 1/2 to 1 tsp dill
- Squeeze of lemon juice
- Salt and pepper to taste

PREPARATION

1. In a bowl, roughly mash chickpeas with a fork or potato masher.
2. Add remaining ingredients to bowl and continue to mash together.

NOTES

- Recipe yields 2-3 servings
- Leftovers can be stored in an airtight container in the refrigerator for 5-6 days.
- Use for sandwiches, wraps, on top of salad greens, and as a dip for crackers.

Stephanie Hopkins, MS, RDN, LD
hopkins@touchedbycancer.org 216-455-1525

