



Curried Chickpea Salad

4 servings
 15 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil
 1 1/2 tbsps Lime Juice
 2 tbsps Curry Powder
 1 1/2 tpsps Maple Syrup
 2 cups Chickpeas (cooked)
 1 stalk Celery (finely chopped)
 1 Apple (small, finely chopped)
 1/4 cup Red Onion (chopped)
 1/4 cup Dried Unsweetened Cranberries
 1/4 cup Cilantro (chopped)
 Sea Salt & Black Pepper

Nutrition

Amount per serving	
Calories	325
Fat	16g
Saturated	2g
Carbs	39g
Fiber	10g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	17mg
Potassium	382mg
Vitamin A	163IU
Vitamin C	6mg
Calcium	70mg
Iron	3mg
Vitamin D	0IU
Vitamin B6	0.2mg

Directions

- 1 In a large mixing bowl, whisk together the oil, lime juice, curry powder, and maple syrup.
- 2 Add the chickpeas, celery, apple, onion, cranberries, and cilantro to the mixing bowl with the dressing. Fold everything together. Season with salt and pepper to taste.
- 3 Serve chilled and enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 4 days.

Serve It With, Enjoy alone or serve over leafy greens like baby spinach, arugula, mixed greens or romaine lettuce.

More Flavor, For best flavor, use a tart apple like a Granny Smith or Macintosh.



Folate	151µg
Vitamin B12	0µg
Magnesium	53mg
Zinc	1mg
Selenium	4µg