

## Curried Chickpea Salad

Whip up this simple chickpea salad for a super-fast lunch option that takes less than 10 minutes to make. Serve as is or with sliced red bell peppers as scoopers, on top of a bed of leafy greens, with crackers or made into a chickpea curry salad sandwich. Be sure to double the batch to enjoy leftovers throughout the week!

Prep time: 5 minutes

Serves: 2-4

### Ingredients

- 1 (15-ounce) cans chickpeas, drained and rinsed
- 1 medium carrot, diced
- 1 celery stalk, sliced
- 2 scallions, sliced
- ¼ cup raisins, dried currants, chopped dates, or dried apricots
- ¼ cup roasted cashews

### Dressing

- ¼ cup mayonnaise (or sub thinned out hummus)
- 1 tablespoon lemon juice, plus more to taste
- 1 teaspoon curry powder, plus more to taste
- ½ teaspoon garlic powder
- Salt and pepper to taste

### Instructions

1. In a medium mixing bowl, add chickpeas and roughly mash about 1/2 – 2/3 of the beans with the back of a sturdy fork or potato masher. Or you could leave them whole, if preferred. Add in the carrots, scallions, raisins, cashews.
2. To make dressing, combine mayonnaise with curry powder, garlic powder, salt and pepper in a small bowl. Stir or whisk until well-combined.
3. Add dressing to chickpea mixture and gently stir. Taste and adjust lemon juice, salt, pepper, and spices, as desired.
4. Leftovers can be stored in the refrigerator for up to 5 – 6 days.



Recipe by: Lisa Markley, MS, RDN, LD

[lisa.markley@adventhealth.com](mailto:lisa.markley@adventhealth.com)

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