

Monthly
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Simply Seasonal

Chickpea Salad

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Chickpea Salad

Ingredients

- *1 medium carrot, shredded
- *2 cups chickpeas, drained and rinsed
- *2 sticks celery, diced
- *1 small apple, diced
- * $\frac{1}{4}$ cup red onion, diced (optional)
- * $\frac{1}{2}$ cup kale, de-stemmed and torn into small pieces
- * $\frac{1}{4}$ cup fresh cilantro
- 3 Tbsp Dijon mustard
- * $\frac{1}{2}$ tsp minced garlic
- Fresh juice from $\frac{1}{2}$ lemon
- Sea salt and pepper, to taste

*can be sourced locally

Directions

1. Place vegetables and fruit in a mixing bowl and stir gently.
2. Mix Dijon, garlic, lemon juice, salt & pepper.
3. Pour over veggies. Mix thoroughly until well combined.
4. Serve as a salad, on bread or wrapped in a tortilla, collard green or nori wrap