

ZESTY VEGAN CHICKPEA SALAD

Serves 8

Ingredients

- 2 cans (15 ounces) **chickpeas**, drained and rinsed
- 4 **scallions**, green and white parts thinly sliced
- 2 **celery stalks**, finely chopped
- 1 sweet **bell pepper**, finely chopped
- 1/4 cup **dill pickle relish**
- 2 **garlic cloves**, minced
- 3 tablespoons **olive oil**
- 3 tablespoons **apple cider vinegar**
- 1 teaspoon **Dijon mustard**
- **Salt** and **pepper** to taste

Nutrition Facts*

1 serving

Calories: 170

Protein: 5 grams

Total Carbohydrates: 19 grams

Dietary Fiber: 5 grams

Total Fat: 9 grams

**Nutrition facts are estimates, and they vary, based on serving size.*



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Directions

- 1 In a large bowl, roughly mash the chickpeas with a fork or potato masher.
- 2 Add the scallions, celery, bell pepper, relish and garlic to the mashed chickpeas, and stir until combined.
- 3 Make the vinaigrette in a medium bowl by whisking together the olive oil, apple cider vinegar, Dijon mustard, and salt and pepper to taste.
- 4 Pour the vinaigrette on top of the chickpea mix, and stir until well combined.
- 5 Serve on whole grain crackers or bread, or on top of lettuce.



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