



Chickpea Salad

No Cook Recipe - 30 minutes or less

High Protein - Vegan - Low Sodium

Servings: 2 cups

Prep Time: 25 minutes

Cook Time: 0 minutes

Ingredients

- 1 can (15 oz.) **chickpeas**
- 3 Tbsp. **chickpea liquid** (reserved from can)
- 1/4 cup **celery**, diced
- 1/4 cup **red onion**, diced
- 2 Tbsp. **cilantro**, chopped
- 1/2 **jalapeno pepper**, minced
- 1 tsp. **lemon juice**
- 2 cloves **garlic**, minced
- 2 Tbsp. **oil**
- 1 tsp. **honey**
- 1 tsp. **salt**
- 1/2 tsp. **pepper**

Directions

1. Drain 1 can of chickpeas, and reserve 3 Tbsp. of chickpea can liquid.
2. Place chickpeas in a wide bowl and mash them with a fork or potato masher. Add only 2 Tbsp. of the chickpea liquid until desired consistency.
3. Add the celery, red onion, cilantro, and jalapeno to the mashed chickpeas.
4. In a small bowl, combine the remaining chickpea liquid, lemon juice, garlic, olive oil, honey, salt, and pepper to make a vinaigrette.
5. Add the vinaigrette to the chickpea mixture.
6. Mix until fully combined.

Recipe adapted from eatfresh.org