

# Chickpea Apple Broccoli Salad

## INGREDIENTS

- 1 head broccoli, very finely chopped
- 15 oz can of chickpeas, rinsed and drained
- 2 cups diced sweet, red apples
- 1 cup shredded carrots
- ⅓ cup diced green onion
- ⅓ cup dried no-sugar added cranberries
- ⅓ cup chopped pecans
- ½ cup chopped flat leaf parsley

### Dressing:

- 3 tablespoons olive oil
- 1 ½ tablespoons apple cider vinegar
- 1 tablespoon dijon mustard
- ½ tablespoon honey
- 1 clove of garlic, minced
- Freshly ground salt and pepper, to taste

SERVINGS: 4  
TIME: 20 MINUTES



ADAPTED:  
[AMBITIOUSKITCHEN.COM](http://AMBITIOUSKITCHEN.COM)



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.

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## PROCEDURE

1. In a large bowl, add finely chopped broccoli, chickpeas, apples, carrots, green onion, dried cranberries, pecans, and parsley. Set aside.
2. Make the dressing by whisking together the following ingredients in a small bowl: olive oil, apple cider vinegar, dijon mustard, honey, garlic, salt and pepper. Drizzle over salad and toss to combine.
3. Taste and add more salt and pepper, if necessary. Garnish with extra cranberries and pecans. Serve immediately or place in the fridge for later.

**Note:** Salad will stay fresh in the refrigerator for 3-5 days in an airtight container

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