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
- 1/3 cup diced green onion
- ½ cup dried no-sugar added cranberries
- 1/3 cup chopped pecans
- ½ cup chopped flat leaf parsley

Dressing:

- 3 tablespoons olive oil
- 1½ 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





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

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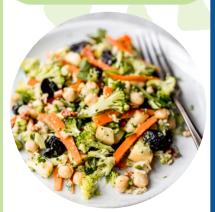
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PROCEDURE

- 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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