

Chopped Thai Chickpea Salad

INGREDIENTS

- 1 cup carrots, shredded
- 1 15 oz. can chickpeas
- 1/2 cup cilantro, chopped
- 1 clove garlic, minced
- 1 Tbsp. ginger, grated
- 1/4 cup green onion
- 1 jalapeno, diced
- 1 red bell pepper, chopped
- 1/2 small head of red cabbage
- 1/4 cup nut/nut-free butter
- 1/4 tsp cayenne pepper
- 1 tsp curry powder, yellow
- 1/4 tsp turmeric, ground
- 1 Tbsp lime juice
- 2 Tbsp low-sodium soy sauce
- 3 Tbsp water
- salt and pepper, to taste

SERVINGS: 4
TIME: 20 MINS



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PROCEDURE

1. In a large bowl, add red bell pepper, carrot, cabbage, chickpeas, cilantro, green onion, and jalapeno.
2. In a small bowl, mix together the dressing ingredients: nut butter of choice, ginger, garlic, lime juice, soy sauce, curry powder, cayenne pepper, and turmeric . Mix to combine. Add water to thin the dressing so that the consistency is easily pourable. Taste and add salt and pepper as necessary.
3. Pour dressing over salad and mix well to combine. Garnish with additional cilantro. Enjoy!



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