



Chickpea Waldorf salad

40'
Hands on

6-8
Portion(s)

1
Difficulty



Method

- In a pot with boiling water, add the chickpeas and boil them for 40 minutes. Drain and set aside.

For the dressing

- In a bowl add the yogurt, the cumin, the chili flakes, the mustard, the vinegar, the honey, salt, pepper, and whisk well.

For the salad

- In a bowl add the chickpeas, half of the dressing, and mix.
- Add the lemon zest, the celery into thin slices, 1/3 of the onion and the apple into thin slices, the grapes, the parsley finely chopped, the spinach, the rest of the dressing, the walnuts broken into pieces, salt, pepper, the olive oil, mix, and serve.

Ingredients

For the dressing

- 160 g strained yogurt
- 1/2 teaspoon(s) cumin
- 1/2 teaspoon(s) chili flakes
- 1 teaspoon(s) mustard, Dijon
- 2 tablespoon(s) vinegar
- 1 teaspoon(s) honey
- 1/2 teaspoon(s) salt
- 1/4 teaspoon(s) pepper

For the salad

- 600 g chickpeas
- lemon zest, of 1 lemon
- 2 stick(s) celery
- 1 onion
- 1/2 red apple
- 200 g grapes
- 1/4 bunch parsley
- 200 g spinach
- 70 g walnuts
- salt
- pepper
- 2 tablespoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per portion

414 Calories (kcal)	16.0 Total Fat (g)	2.9 Saturated Fat (g)	42.0 Total Carbs (g)
21%	23%	15%	16%
10.0 Sugars (g)	21.0 Protein (g)	10.0 Fibre (g)	0.42 Sodium (g)
11%	42%	40%	7%