

Curry Chickpea Salad (GF,V)

Time: 15 minutes

Ingredients

1 15.5 oz. can of chickpea (garbanzo) beans
3/4 c. diced celery
1 diced shallot
Juice from half a lemon
1/2 c. diced grapes or 1/4 c. dried white raisins
1/4 c. vegan mayonnaise
1/3 c. vegan sour cream
1 tsp. champagne or white wine vinegar
1/4 tsp. kosher salt
1/8 tsp. coarse ground black pepper
1 1/4 tsp. curry powder
1/4 tsp. garam masala
1/2 tsp. ground cumin

Directions:

Strain, rinse, and drain the can of chickpeas and place in a medium size bowl. Mash the beans and then add the diced celery, shallot, lemon juice and grapes or dried fruit. In a small cup or bowl, mix the rest of the ingredients together to make the sauce. You may not want to use all the sauce, so add it to the bean mixture slowly, mixing as you pour, until you get the right consistency you like.

Serve with salad greens, crackers, or on toast.

Serves 4.

Nutritional Estimations: Calories 225. Total Fat 14 g. Cholesterol 0 mg. Sodium 510 mg. Potassium 83 mg. Total Carbs 19 g. Fiber 4 g. Sugars 5 g. Protein 5 g. Vitamin A 2%. Vitamin C 6%. Calcium 2%. Iron 5%.