



village health clinic
naturopathic medicine & midwifery care

Curried Chickpea Salad Gluten-Free, Dairy-Free, Egg-Free

- . 4 tablespoons mayonnaise (regular or egg-free mayonnaise works here)
- . 1 tablespoon apple cider vinegar
- . 1 tablespoon lime juice
- . 2 teaspoons curry powder
- . 1 19-ounce can chickpeas
- . 1 red bell pepper, chopped
- . 1/2 cup red onion, finely chopped
- . 1/4 cup cilantro, chopped
- . 1/4 cup chopped scallions
- . 1/2 cup peas
- . 1/2 cup diced celery
- . salt & fresh ground black pepper to taste

To make dressing, stir together vinegar, lime juice, mayonnaise, curry powder, salt and black pepper and set aside. Combine chickpeas, bell pepper, onion, celery, peas, scallions and cilantro in a medium bowl. Toss dressing over chickpeas mixture and toss well. Chill. Serve over organic mixed green salad for a light and healthy meal.

To make curried chickpeas salad sandwiches, stuff a large whole wheat pita pocket with:

- . Sliced cucumbers
- . Alfalfa sprouts
- . Grated carrots
- . 2-3 tablespoons of curried chickpea salad