

Curried chickpea salad

This creative twist to chickpea salad has a pleasant and light boost of spice. Serve on its own, in a pita or as a sandwich with romaine lettuce!



Kid-friendly



Vegetarian



30 minutes or less



No-cook



PREP TIME
20 min



COOK TIME
0 min



SERVINGS
4

Ingredients

- 1 can (540 mL/19 oz) lower sodium chickpeas, drained and rinsed
- 45 mL (3 tbsp) lower fat yogurt
- 60 mL (¼ cup) diced celery
- ¼ red onion, diced
- 60 mL (¼ cup) raisins
- 1 tomato, diced
- 2 mL (½ tsp) curry powder
- 15 mL (1 tbsp) apricot jam (optional)
- 7 mL (½ tbsp) lemon juice (about ½ lemon)
- 1 mL (¼ tsp) black pepper
- Pinch of salt

Directions

1. In a large bowl, place chickpeas and roughly mash with a fork or potato masher.
2. Add all remaining ingredients and toss to combine.
3. Cover and marinate in the refrigerator for 10 to 15 minutes.

Tips

- ✓ Do your kids love burgers? This salad would be a perfect side dish. Ask little chefs to measure out ingredients and mix them together.
- ✓ Try lower sugar peach jam or a drizzle of honey if apricot jam is unavailable.
- ✓ Switch up the beans—try kidney beans or pinto beans instead of chickpeas.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



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