

Chickpea Cranberry Salad

9 ingredients · 15 minutes · 5 servings



Directions

1. Combine all ingredients in a large bowl and toss until well combined. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/2 cup.

More Flavor

Add ground mustard.

Ingredients

- 1 Apple (medium, diced)
- 1/4 cup Red Onion (diced)
- 1/2 cup Dried Unsweetened Cranberries
- 1/4 cup Pumpkin Seeds
- 1 tsp Celery Salt
- 4 cups Napa Cabbage (finely sliced)
- 2 tbsps Avocado Oil
- 1 tbsp Apple Cider Vinegar
- 2 cups Chickpeas (cooked, drained and rinsed)

Nutrition

Amount per serving

Calories	264	Vitamin A	107IU
Fat	10g	Vitamin C	29mg
Carbs	38g	Calcium	69mg
Fiber	9g	Iron	3mg
Sugar	17g	Vitamin D	0IU
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	43mg
Sodium	299mg	Zinc	1mg
Potassium	365mg	Selenium	3µg