

# Curried Chickpea Salad

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Ingredients

- 15 ounce can chickpeas, rinsed and drained or 1 3/4 cup cooked chickpeas
- 1/2 cup toasted cashews
- 1/4 cup vegan mayonnaise (can use regular mayo if it doesn't need to be vegan or egg-free)
- 1-2 carrots, peeled and finely diced
- 1/4 cup raisins
- 2 tablespoons mango chutney
- 1 stalk green onion, sliced, about 2 tablespoons
- 2 teaspoons curry powder
- 1/2 teaspoon salt or to taste
- 1/2 teaspoon black pepper

## Directions

1. Combine all ingredients in a bowl and stir until well combined.
2. Serve on top of a salad, in a romaine lettuce boat, or in a sandwich or pita.

## Notes

To achieve a softer texture and a mixture that sticks together more, mash about half of the chickpeas with a fork, picking out the loose skins afterwards. Alternatively, put the chickpeas in a towel and rub with the towel to loosen the skins first, then discard the skins and mash.

To make this recipe vegan or egg-free, use vegan mayonnaise.

Common Allergens: tree nuts, may contain egg (mayo)

Recipe from Spices around the World cooking class, Fall 2019