



# Cranberry Walnut Chickpea Salad

SERVING: 3 / 4 CUP  
YIELD: 4

PREP TIME: 15 MIN  
TOTAL TIME: 15 MIN

## Ingredients

- 1 can Chickpeas, drained and rinsed (15 oz)
- 1/2 cup Celery, chopped
- 1 Green Apple, chopped
- 1/4 cup Green Onion, chopped
- 1/4 cup Walnuts, chopped
- 1/2 cup Dried Cranberries, reduced sugar
- 2 tbsp Mayo with Olive Oil, light
- 2 tsp Mustard
- 1/2 tsp Apple Cider Vinegar
- 1/4 tsp Dill Weed, seasoning
- 1/4 tsp Pepper

## Directions

1. In a large bowl, MASH chickpeas with a potato masher or fork. You can use a food processor, if desired.
2. CHOP celery, apple, and green onions. ADD to large bowl.
3. In a small bowl, MIX mayo, mustard, apple cider vinegar, dill weed, and pepper.
4. ADD mayo mixture to large bowl and MIX well. Enjoy!

**\*Place on a bed of leafy greens and/or quinoa. Also great in a whole wheat tortilla wrap. Suggest pairing with feta cheese and/or chicken to add more protein.**

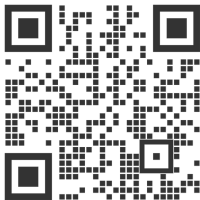
## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>3/4 cup (0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 21g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 130mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Recipe adapted from  
getfreshcooking.com

\*Cost information includes  
lower cost ingredients found at  
local grocery store 11/9/22.



Cost Per Recipe	Cost Per Serving
\$4.22	\$1.06

## Infographic

Click on the infographic to download and share. Be sure to use #haveaplant and tag @fruitsandveggies in all your awesome posts!

# Flavorful Fall Pairings

When you fuel & feed your body with plants, protein, and sweet treats you're better able to enjoy the people you're with and all the feel-good flavors!

## Fabulous Fall Yogurt Bowl



Vanilla Greek Yogurt



Frozen Berries



Granola



Ground Cinnamon

## Cozy Autumn Grain Bowl



Brown Rice



Kale or Greens



Canned Beans



Sweet Potato



Dried Cranberries



Vinaigrette

## Pear-fect Snack Plate



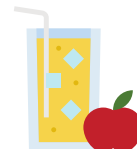
Cheese



Pear



Mixed Nuts



100% Juice

## The Holiday Feast!



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