




Fall Recipe



Fall Harvest Salad


Prep Time : 10 mins

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Ingredients :

For the salad:

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- 15 ounces chickpeas rinsed and drained
 - 1 large apple chopped (I like Honeycrisp)
 - 1 avocado chopped
 - 2 tablespoons fresh lemon juice
 - 1/4 cup chopped red onion
 - 1/4 cup chopped pecans or walnuts
 - 1/4 cup dried cranberries
 - 1/4 cup crumbled feta cheese or goat cheese optional *BONUS if you make a tofu feta*
 - 8 oz chopped kale

For the dressing:

- 4 tablespoons olive oil
- 2 tablespoon apple cider vinegar
- 4 teaspoons pure maple syrup
- 2 teaspoon Dijon mustard
- 2 clove garlic minced
- Kosher salt and black pepper to taste

Procedure :

- In a large bowl, combine the chickpeas, apple, avocado, lemon juice, red onion, nuts, cranberries, and cheese, if using.
- In a small bowl, whisk together the olive oil, vinegar, maple syrup, mustard, and garlic. Season with salt and pepper, to taste.
- Drizzle the dressing over the salad and gently stir to combine. Season with salt and pepper, to taste. Serve immediately.

Notes:

If you need the salad to be vegan, you can omit the cheese.

Recipe Website:

Adapted from Two Peas and Their Pod

