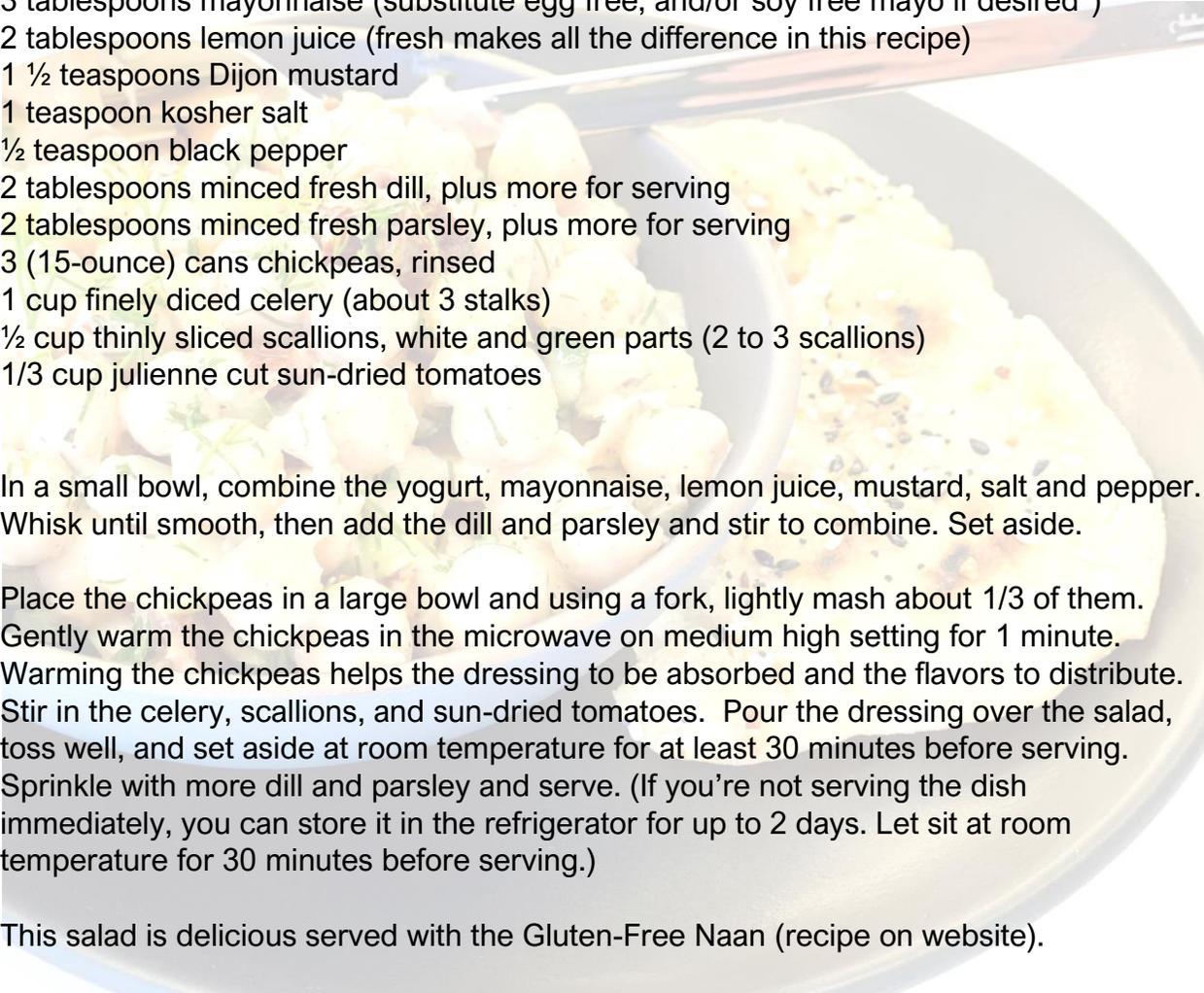


Chickpea Salad with Fresh Herbs and Scallions

Contains dairy, soy & eggs; can be substituted
Please check all labels carefully for your dietary restrictions.



½ cup plain full-fat Greek yogurt (substitute full-fat, plain non-dairy yogurt if dairy free)
3 tablespoons mayonnaise (substitute egg free, and/or soy free mayo if desired*)
2 tablespoons lemon juice (fresh makes all the difference in this recipe)
1 ½ teaspoons Dijon mustard
1 teaspoon kosher salt
½ teaspoon black pepper
2 tablespoons minced fresh dill, plus more for serving
2 tablespoons minced fresh parsley, plus more for serving
3 (15-ounce) cans chickpeas, rinsed
1 cup finely diced celery (about 3 stalks)
½ cup thinly sliced scallions, white and green parts (2 to 3 scallions)
1/3 cup julienne cut sun-dried tomatoes

In a small bowl, combine the yogurt, mayonnaise, lemon juice, mustard, salt and pepper. Whisk until smooth, then add the dill and parsley and stir to combine. Set aside.

Place the chickpeas in a large bowl and using a fork, lightly mash about 1/3 of them. Gently warm the chickpeas in the microwave on medium high setting for 1 minute. Warming the chickpeas helps the dressing to be absorbed and the flavors to distribute. Stir in the celery, scallions, and sun-dried tomatoes. Pour the dressing over the salad, toss well, and set aside at room temperature for at least 30 minutes before serving. Sprinkle with more dill and parsley and serve. (If you're not serving the dish immediately, you can store it in the refrigerator for up to 2 days. Let sit at room temperature for 30 minutes before serving.)

This salad is delicious served with the Gluten-Free Naan (recipe on website).

*Check mayo ingredient lists carefully. Many include eggs and/or soy. Primal Kitchen is one brand that is 8-allergen free (and really tasty!).

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