

# Chickpea Brussels Salad Recipe



PREP TIME:  
15 MINUTES

COOK TIME:  
N/A

TOTAL TIME:  
15 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan(*optional*)

Yield: 4-5 Serving

## Ingredients:

- 1 @ 14.5 oz Can Chickpeas (aka Garbanzo Beans)
- 1 Cup Organic Brussels Sprouts Shredded – Ends Trimmed
- ½ Cup Red Cabbage – Shredded
- 1/3 Cup Red Onion – Minced or Shredded
- ½ Teaspoon Sea Salt
- 1 Teaspoon Garlic Powder
- ½ Teaspoon Dried Basil (*or chop 4-5 leaves fresh*)
- ¼ Cup Mayonnaise (*I used Primal Kitchen's Avocado or can use a vegan version*)
- 1 Tablespoon Dijon Mustard
- 1 Tablespoon Apple Cider Vinegar
- 1/3 Cup Chopped Walnuts
- ¼ Cup Dried Cranberries
- Cracked Black Pepper to Taste
- Optional: ¼ of a Lemon Juiced
- **Optional: Kale, Celery, Spinach, Bell Pepper – so many options...**

## Instructions:

1. Brussels sprouts can be shredded in a mini food processor with “chop” function. The same goes for the cabbage and onion. Shredded texture is what you are going for.
2. Drain the liquid from the can of chickpeas – can rinse several times before drying them.

3. Add chickpeas into mini food processor – pulse 3-5 times until becomes roughly chopped texture. Do not over pulse (want to have bits not puree).
4. Add the sprouts, cabbage, onion, and chickpeas to a large mixing bowl. Toss until combined. Next add the salt, garlic powder, basil, and cracked black pepper – tossing again until combined.
5. Pour in the mayo, Dijon mustard, apple cider vinegar, and optional lemon juice. Toss again.
6. Lastly add the walnuts and cranberries. Toss until combined.

***Can serve over salad, in a wrap, as a dip, etc.***

**\*Try and use all organic ingredients if possible.**

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