



Chickpea and Edamame Salad

Jacob · 30/09/2024



Prep Time

8

Difficult

Medium

Servings

N/A

Description

This chickpea salad is a sweet and tangy combination of proteinfilled beans and flavorful veggies This salad tastes better when left refrigerated overnight or longer but can be eaten immediately

Ingredients

- - 2 cups shelled edamame (green soybeans) - 2 cups cooked chickpeas - ? cup minced red onion - ? cup minced red bell pepper - ? cup minced carrot - ¼ cup sunflower seeds - ¼ cup sweetened dried cranberries (such as Ocean Spray® Craisins®) - ? cup olive oil - ? cup honey - ? cup apple cider vinegar - 2 tablespoons mayonnaise - ¼ teaspoon celery salt
- or more to taste - ? teaspoon cayenne pepper
- or more to taste

Instructions

1. Mix edamame
2. chickpeas
3. red onion
4. red bell pepper
5. carrot
6. sunflower seeds
7. dried cranberries
8. olive oil
9. honey
10. vinegar
11. mayonnaise
12. celery salt
13. and cayenne pepper together in a large bowl.