



Garbanzo Bean Salad

Jacob · 30/09/2024



Prep Time

4

Difficult

Medium

Servings

4 servings

Description

This is a healthy highfiber salad with a honey mustard dressing For another variation use 1 cup seedless grapes instead of the apple

Ingredients

- - 1 (15 ounce) can garbanzo beans
- drained - ½ cup chopped celery - 1 tablespoon diced onion - 1 apple
- cored and chopped - ¼ cup chopped walnuts - ¼ cup mayonnaise - 1 tablespoon honey - ½ teaspoon prepared mustard - ¼ teaspoon lemon juice - ½ head iceberg lettuce - rinsed
- dried
- and shredded

Instructions

1. In a salad bowl
2. combine the chick peas
3. celery
4. onion
5. apple or grapes and chopped nuts. Prepare the dressing by whisking together the mayonnaise
6. honey
7. mustard and lemon juice. Combine the salad mixture and dressing. Toss and serve on a bed of shredded lettuce.