



Chickpea Celery Salad

INGREDIENTS:

For the Salad:

- 1 whole celery heart, thinly sliced
- 1 can chickpeas, rinsed and drained
- 2 large carrots, shredded
- 2 ears of corn, kernels removed from the cob
- ½ red capsicum, diced small
- ½ small red onion, diced small
- ½ cup fresh parsley, chopped

Salad dressing:

- 1/3 cup extra virgin olive oil
- 2 tbsp Dijon mustard
- 2 tbsp pure maple syrup
- 2 tbsp red wine vinegar
- ½ lemon, juiced
- Salt and pepper to taste



METHOD:

1. In a large bowl, add all of the salad ingredients. Toss to evenly combine the ingredients
2. In a small bowl, whisk together the olive oil, mustard, maple syrup, red wine vinegar, lemon juice, salt and pepper. Whisk until the dressing is emulsified.
3. Pour the dressing over the salad and toss together. Taste and add any additional salt and pepper.
4. Serve right away or refrigerate until ready to serve.