

MINUS8



**Chickpea Waldorf Salad with Veget8**  
**Adapted From The Kitchen.com**

*Serves 4*

**Ingredients**

½ cup plain full-fat yogurt  
2 tablespoons Veget8 Vinegar  
1 teaspoon Dijon mustard  
1 teaspoon honey  
½ teaspoon fine sea salt  
½ teaspoon crushed red pepper flakes  
¼ teaspoon freshly ground black pepper  
1 (14-ounce) can chickpeas, drained and rinsed  
2 ribs celery, finely chopped  
1 medium apple, chopped into 1/4-inch chunks  
1 cup red grapes  
½ cup diced red onion  
¼ cup chopped parsley  
½ cup walnuts, roughly chopped  
4 cups fresh spinach

**Directions**

Prepare the yogurt dressing by combining the yogurt, Veget8 vinegar, mustard, honey, salt, crushed red pepper flakes, and pepper in a bowl. Whisk until well-combined.

Combine chickpeas, celery, apple, grapes, onion, parsley, and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Refrigerate for about 30 minutes before serving, or up to 5 days.

Serve salad over fresh spinach.