

## Curry Chickpea Salad (Sandwich?)

Prep to table: 15 minutes | Serves: 4

This is definitely not my grandma's chicken curry salad. Here, fresh dill and crunchy celery are grounded by smokey tahini and curry. Chickpeas and plain yogurt create a beautiful silky texture that is nicely balanced with the crunchy celery and chewy dates. Pro-tip: Use a mandolin for the red onion (if you have one) to make very fine slivers. Nobody wants a mouthful of red onion. Scoop over greens for a salad. wrap this goodness into a tortilla, or slam between your favorite sandwich bread if you're on the go.

- 1/3 cup plain Greek yogurt
- 1 lemon, juiced (about 2-3 Tablespoons)
- 2 Tablespoons tahini
- 1 teaspoon curry powder
- 1 teaspoon garlic powder
- 2 sprigs fresh dill, finely chopped
- 2 15-ounce cans of chickpeas, drained
- 1/2 cup red onion, very finely chopped
- 3 ribs celery, finely chopped
- 5-6 dates, chopped ( optional)
- Salt and black pepper, to taste

### For serving:

Salad greens, tortillas, or sandwich bread

Toasted almonds or cashews

1. In a large bowl, whisk together plain Greek yogurt, lemon juice, tahini, curry powder, garlic powder, and dill. Mix well until smooth and creamy.
2. Add chickpeas and gently mash a few times with the back of a spoon to thicken the mixture.
3. Fold in red onion, celery, and optional dates, ensuring that everything is well-coated with the dressing and the spices are evenly distributed. Salt and pepper to taste.
4. Serve over a bed of greens smattered with a few toasted nuts, or wrap into a tortilla and head out the door.

### Easy ingredient swaps

1 teaspoon dried dill for fresh dill

