

Chickpea Salad Wrap with Spicy Radish Sprouts

Serves 4

Nothing says concentrated nutrition quite like a sprout. Fun and easy to grow, time, space, and wallet friendly, sprouting is a terrific way to get fresh veggies during winter's quiet season. The process of soaking and rinsing cues the seed to begin again and grow a new plant. During a seeds' sprouting phase, all of its nutrients are at supercharged levels...some, like B and C vitamins are at 20 times that of the mature plant! For nutrition and taste, and for just pennies a day, sprouts are a great choice!

Chickpeas are one of my favorite ingredients. In this fast and easy twist on a classic salad, chickpeas replace chicken. Besides being a great source of protein and fiber, chickpeas taste wonderful in combination with a variety of ingredients and flavors.

1 – 15ounce can chickpeas, drained and rinsed [or 2 cups cooked]
1-2 Tablespoons mayonnaise
1 Tablespoon either apple cider vinegar or lemon juice
2 teaspoons yellow or Dijon mustard
4 green onions, finely chopped
2 stalks celery, finely chopped [about ¼ cup]
¼ teaspoon sea salt
¼ teaspoon black pepper

Optional add in's:

Sliced olives
Diced red pepper
Shredded carrots
Fresh herbs like parsley, basil, cilantro, tarragon

Place drained chickpeas in a bowl and roughly mash with a fork or potato masher. Add remaining ingredients and mix to combine. Serve in whole wheat pita pockets, on top of a bed of greens, or spooned into a leaf of lettuce and top with fresh sprouts.

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Chef C's Cooking Notes:

- Almost any whole grain, nut, seed, or legume can be sprouted. Kids love it!
- Feel like flavor variety for the salad?
 - Omit the mustard and add in ½ teaspoon curry powder, 1 tablespoon of toasted almonds, and 1 tablespoon of raisins.
 - Omit the mustard and add in ½ teaspoon poppy seeds and a handful of red or green grapes that have been cut in half.

