



Recipe Details

Recipe Name - Pumpkin Chicken Salad

Recipe Steps -

Ingredients

- 2 (16 oz.) pints of fresh, canned pumpkin or 1 (15 oz.) can of 100% pureed pumpkin
- 2 (15 oz.) cans of chickpeas, drained and rinsed
- 2 cups Grapes, halved
- 2 cups apples, diced
- 1 cup celery, diced
- 1 cup sweet onion, diced
- 1/3 cup raisins
- 1 Tbsp ground rosemary
- 1 Tbsp garlic powder
- 1 Tbsp hummus

Instructions

- 1) Place chickpeas in a bowl and mash about 1/2 with a fork
- 2) Place all the rest of the ingredients in the bowl with the 1/2 mashed chickpeas, incorporate well with a spoon
- 3) Enjoy over lettuce, in lettuce wraps, or your favorite whole wheat bread or pita

