

# Spiralized Vegetable Salad with Maple Apple Dressing and Chickpea Croutons

Recipe By Rivki Rabinowitz



Cooking and Prep:   
1.5 h

Serves:  6

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,  
Pescetarian, Gluten Free, Low  
Carb

Spiralizing veggies is not just reserved for the humble zucchini! Here, the textures of the vegetables, chickpeas, and cilantro provide an exciting forkful each bite. With the addition of nuts, this can even be a full meal.

Fact: 15 ounces of chickpeas serve a whopping 25 grams of protein!

## Ingredients (20)

### Salad

- 2 large carrots, multicoloured preferably
- 2 large zucchini
- 1 large yellow squash
- 1/2 cup cilantro leaves, plus 1/2 cup chopped for garnish
- sesame seeds, for garnish
- 1 avocado, sliced (optional topping)

1/4 cup cashews (optional topping)

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## Dressing

1 tablespoon apple butter (store-bought)

2 tablespoons mustard

2 tablespoons maple syrup

2 teaspoons dried dill

1 teaspoon **Dorot Gardens Frozen Parsley**

1 tablespoon lemon juice

1/4 cup **Tonnelli Red Wine Vinegar**

1/3 cup oil

1/2 teaspoon salt

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## Chickpeas

1 (15-ounce) can **Haddar Chickpeas**

1 tablespoon **Gefen Olive Oil**

1/2 teaspoon **Haddar Kosher Salt**

1 tablespoon shawarma spice (*optional*)

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## Start Cooking

### Prepare the Chickpeas

1. Preheat oven to 400 degrees Fahrenheit.
2. Drain and rinse the chickpeas and spread them out on a paper towel-lined baking sheet.
3. Pat them dry with a paper towel, removing any skins that came off the beans.
4. Toss chickpeas with oil and seasonings.
5. Roast the chickpeas for 30–35 minutes until they are golden in color and crispy on the outside (the center may still be slightly soft). If you want the chickpeas even crispier, turn off oven

and allow the chickpeas to continue drying about 30–40 minutes more.

6. Make the salad while you roast the chickpeas.

### Prepare the Salad

1. Cut your carrots and squash using a spiralizer. If you don't have a spiralizer, use a julienne vegetable peeler to create long strips. Add vegetables to a mixing bowl.
2. Whisk salad dressing ingredients together.
3. Mix the vegetables with the dressing, adding a small amount of dressing at a time until coated to your liking. There will be extra dressing.
4. Sprinkle salad with sesame seeds, chopped cilantro and serve with roasted chickpeas, avocado slices, cashews, or any additional toppings (nuts or seeds) of your choice.