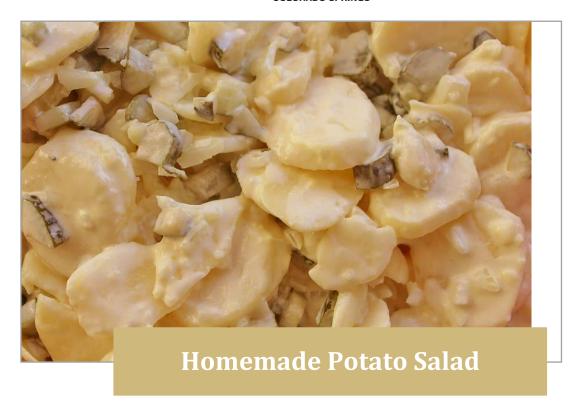
INGREDIENTS

- 6 medium Potatoes, quartered
- 3 tbsp Apple Cider Vinegar
- 2 large Celery Stalks, diced
- 6 Green Onions, diced
- 1 ½ cups Plain Greek Yogurt
- 1 tbsp Mustard

- 1 can Chickpeas, drained and rinsed
- Salt and Pepper, to taste

Recreation and Wellness Center UNIVERSITY OF COLORADO SPRINGS



Fall 2019 Cooking Class | Gluten Free | High Protein | Vegetarian

Yield: Prep Time: Cook Time: 6 Servings 5 Min 15 Min

DIRECTIONS

- 1. Bring potatoes to a boil in a large pot of cold water on medium heat with a dash of salt. Cook for 10-15 minutes or until potatoes are easily pierced with a knife. Drain and set aside.
- 2. Dice the celery and green onions.
- 3. Drain and rinse the chickpeas and add to celery and onions.
- 4. Mix vegetables with Greek yogurt, mustard, salt and pepper until fully covered.
- 5. Chop cooled potatoes into small bite sized pieces. Add to dressing mixture when cooled.
- 6. Chill or enjoy right away!

Tips:

Add your favorite protein to this side like egg or chicken instead of chickpeas!

You can roast your chickpeas in a pan prior to mixing in to give a new flavor.