

Vegan Chinese "Chicken" (Chickpea) Salad

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-chinese-chickpeas-recipe>

Ingredients:

- 30 ounces chickpeas cooked, rinsed and drained well, about 3 cups
- 4 cloves garlic minced
- 1/4 cup reduced sodium soy sauce
- 4 teaspoons toasted sesame oil
- 1 tablespoon chili sauce or to taste
- 4 tablespoons rice wine vinegar
- 2 tablespoons reduced sodium soy sauce
- 1 1/2 tablespoons toasted sesame oil
- 1 tablespoon coconut sugar
- 1 clove garlic finely minced
- fine grain sea salt to taste
- 2 cups romaine lettuce shredded
- 1 cup red cabbage shredded
- 1 cup shredded carrots
- 1 cup bean sprouts
- 1 cup snow peas sliced lengthwise into thin strips
- 3 scallions thinly sliced
- 8 ounces water chestnuts, drained and chopped sliced
- 10 1/2 ounces mandarin oranges drained
- 1/2 cup almonds toasted and chopped
- black sesame seeds
- noodles crispy, use rice noodles if gluten-free

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 10 milligrams

4. Fat: 17 grams
 5. Fiber: 11 grams
 6. Protein: 16 grams
 7. SaturatedFat: 2 grams
 8. Sodium: 1150 milligrams
 9. Sugar: 11 grams
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