

# Healthy Vegan Christmas Salad

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-green-bean-salad-recipe>

## Ingredients:

- 2 cups quinoa cooked
- 1 can chickpeas drained and rinsed
- 1 sweet potato diced and roasted
- 1 red onion diced and roasted
- 200 grams green beans steamed or boiled
- 1/2 cup dried cranberries
- 1/2 cup almonds
- olive oil for dressing
- salt
- pepper
- lemon juice or vinaigrette, optional

## Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 103 grams
3. Fat: 20 grams
4. Fiber: 17 grams
5. Protein: 23 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 550 milligrams
8. Sugar: 8 grams

---

Thank you for visiting our website. Hope you enjoy Healthy Vegan Christmas Salad above. You can see more 20+ christmas green bean salad recipe You won't believe the taste! to get more great cooking ideas.