

Vegan Waldorf Salad Recipe

Courtesy of Chef Lauren Mahlke of the Planted Table



This Vegan Waldorf Salad is one of our most requested recipes in the Planted Table kitchen. It's a serious crowd pleaser (and kids love it too). Free of mayo and all animal products, this recipe lets the plant-based ingredients shine.

This dish always comes with us camping or on picnics. It's great to dip crackers in, make sandwiches or just eat by itself. Our kids love this Vegan Waldorf so much they ask for it in their lunch almost every day. Bonus, it's packed with clean, plant-based protein, veggies and fruits. Plus, omega-filled walnuts.

It's a win-win for everyone. Wait till you serve this at your next gathering, you won't believe how people flock to this vegan dish.

This Vegan Waldorf recipe gives the classic dish a fall spin with roasted butternut squash, apples and pear. If you make this in the summer we suggest adding grapes, figs and cucumber. Have fun adding your favorite fruits and veggies to make it your own. The main ingredient is chickpeas. We recommend buying your chickpeas in bulk. They are much less expensive than the canned version and we think they taste better too. Don't be intimidated by dried beans, they are super easy (as long as you have a crock pot).

Step 1: Soak beans overnight. Step 2: Turn crock pot on low setting to cook all day. Step 3: Once crock pot turns off, pour chickpeas in strainer, run cold water over them and let cool. Then store in fridge and they will last for around 7 days. We make these every week and add them to loads of dishes as they are packed with protein and kids love them.

Enjoy your Waldorf in a pita, lettuce cup, as sandwich filling or with crackers. Perfect for picnics, potlucks, as appetizers or on the go. This Vegan version of a Waldorf salad is better than any classic recipe (which usually features lots of mayo and chicken). We hope you agree. There is no doubt, eating more plants means making healthier choices and this dish is a great way to do that.

Ingredients

2 cups cooked drained garbanzo beans - canned or dried beans work well.

½ cup celery, diced bite size

¼ cup minced red onion

¼ cup roasted butternut squash, diced bite size

¼ cup small diced apple

¼ cup pear soaked in lemon juice - diced and bite size.

¼ cup toasted chopped walnuts

2 tbsp minced chive

½ cup plant-based, unsweetened yogurt (I like cashew yogurt from Forager.)

2 tbsp Dijon

1 tbsp vegan Worcestershire

1 tbsp lemon juice

1 tbsp tahini

Splash of maple syrup

Salt and pepper

Directions:

Combine all ingredients together and let sit for an hour or two in refrigerator before serving. Enjoy your Waldorf in a pita, lettuce cup, as sandwich filling or with crackers.

Can also be made a day in advance.

Website: <https://plantedtable.com/recipes/vegan-waldorf-salad-recipe/>