

Mango and Curried Chickpea Salad



Plantrician approved recipe adapted from Eydie Desser

This vibrant, fiber-rich salad brings together nutrient-dense ingredients shown to support overall health and chronic disease prevention. Chickpeas, a plant-based protein source and prebiotic food, promote satiety and gut microbiome diversity. Cauliflower, a cruciferous vegetable, is rich in glucosinolates—compounds linked to reduced cancer risk. Mangoes provide vitamin C and polyphenols that support immune and cellular health, while turmeric and cumin offer anti-inflammatory benefits grounded in emerging research. Fresh herbs, leafy greens, and a modest touch of chili contribute additional antioxidants and phytonutrients, making this dish a flavorful, whole food option to help promote long-term well-being.

Ingredients:

- 3/4 cup dried chickpeas or one 15-ounce can
- 2 teaspoons baking soda
- 1 teaspoon coriander seeds
- 1 teaspoon black mustard seeds
- ½ teaspoon cumin seeds
- 1 teaspoon curry powder (we used Madras Curry Powder)
- ½ teaspoon turmeric
- 1 large onion, thinly sliced (2 cups)
- 1 small cauliflower, broken into small florets a 1-½" dice (4 cups/400g)
- 3 or 4 Alphonso mangoes or 1 large red mango, peeled diced (3-1/4 cups or 570g)
- 1 medium serrano chili, seeded and minced
- 1-1/3 cups cilantro leaves, chopped
- ¼ cup lime juice, or more to taste
- 2 ounces baby spinach leaves

Directions:

Place the coriander, mustard, and cumin seeds in a 10-inch sauté pan heated over medium fire, and dry roast until they begin to pop, 1-2 minutes.

Add sliced onion and stir in quickly, tossing and stirring so that the onions don't stick to the pan. Add a couple of tablespoons of water and keep stirring for another minute.

Add in the curry and turmeric powders, stir, coating the onions completely, 1 minute.

Cover the pan, reduce heat to low, and let the onions soften to release their natural oils, about 1 minute or so.

Remove the cover, stir and cook the onions until they are lightly browned and translucent.

Transfer to the bowl with the chickpeas and give them a stir to combine.

Bring a 3-qt pot of water to a boil, add the cauliflower, and blanch for just 1 minute. Drain, pat dry and set aside. Heat the same pan that the onions cooked in over medium low heat. Add the cauliflower pieces and stir to coat with the spices left in the pan. Sprinkle a little water over the cauliflower and cook, stirring every 20 seconds or so, until the cauliflower is brown and coated with the spices, about 3 to 4 minutes.

Add diced mangoes, chile, cilantro, lime juice, and spinach. Stir well.

To Serve

Serve immediately at room temperature or chill and serve within 24 hours. Salad can also be served over brown basmati rice.

Recipe Author

Eydie Desser is the founder of Garden of Eydie and a board member of The Plantrician Project. After reversing her high blood pressure through a whole food, plant-based, SOS-free lifestyle, she created Garden of Eydie to inspire others on their path to healing. Find more recipes at GardenofEydie.com.

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