

RECIPE FOR

Chickpea "Tuna" Salad Sandwich

NAME OF DISH

FROM THE KITCHEN OF

Ilene Godofsky Moreno

INGREDIENTS

SERVES

4 sandwiches

PREP TIME

10 minutes

TOTAL TIME

15 minutes

OVEN TEMP

Not needed

1 1/2 cups cooked chickpea or one can,
drained and rinsed
1/4 cup diced carrot
1/4 cup diced celery
2 tbsp diced red onion
1 tbsp chopped fresh dill (or tsp of dried)
1/4 cup vegan mayo or hummus
Juice of 1/2 lemon
1 tsp apple cider vinegar
1 tsp pickle brine
Dash of mustard
Salt and peper to taste

DIRECTIONS

1. To prepare the chickpea "tuna" salad, mash the chickpeas in a medium bowl with a potato masher or fork until chunky texture is created. Stir in rest of ingredients.
2. Use as a dip with crackers, tortilla chips or veggie sticks, or use as a base for sandwiches and wraps.