



Vegan Chickpea “Chicken” Salad

4 servings, ½ cup each

- 1 (15-ounce) can chickpeas (also called garbanzo beans), rinsed and drained
- 2 large celery ribs, diced very small
- ¼ cup sweet onion, diced small
- 1 pickle, diced or 2 teaspoons natural pickle relish (no dyes or corn syrup)
- 2 tablespoons Veganaise or regular mayonnaise
- 1 tablespoon Dijon mustard
- 1 garlic clove, minced
- Pinch cayenne powder
- 1 heaping tablespoon fresh parsley, minced
- Salt and pepper to taste

Drain and rinse chickpeas. Mash slightly with a potato masher or using the pulse button in the food processor. Mix vegetables with mayo and spices. Add to chickpea mash until desired texture.

Variations

Add finely chopped carrots or red bell peppers.

Per Serving:

174 Calories
5 gm Total Fat
<0.5 Saturated Fat
21 gm Carbohydrate
5 gm Fiber
6.25 gm Protein