

# Chickpea salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 3 sandwiches

Ingredients	Qty	Measure
Chickpeas, canned, drained and rinsed	15	oz.
Celery, diced	2	stalks
Green onions, thinly sliced	3	each
Dill pickle, diced small	¼	cup
Red bell pepper, diced	¼	cup
Vegan mayonnaise, like Just Mayo	3	Tbsp.
Garlic, minced	1	clove
Yellow mustard	1.5	tsp.
Fresh dill, stems removed, minced (optional)	2	tsp.
Fresh lemon juice to taste	1.5-3	tsp.
Sea salt	¼	tsp.
Black pepper	¼	tsp.

## Preparation

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, green onions, pickles, bell pepper, mayonnaise and garlic until combined.
3. Stir in the mustard and dill and season with the lemon juice, salt, pepper adjusting the quantities to taste.

## Serving Information

Serve on toasted bread, wraps or on top of basic leafy green salad.

## Nutrition Information (For chickpea salad only; doesn't include bread) \*From USDA Nutrient Database

Calories: 231 Total Fat: 13g Saturated Fat: 1g Carbohydrate: 22g Protein: 8g Sodium: 505mg  
Vitamin A: 34µg RAE Vitamin C: 21mg Calcium: 76mg Iron: 2 mg