

Chickpea Not So Tuna Salad

Chickpea Not so Tuna Salad

Categories

Gluten-free

Yields: 6 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Dips and spreads

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

| | |
|---|--------------------------------------|
| Garbanzo beans (chickpeas), canned, drained | 2 cups |
| Onion, white, yellow or red, raw | 1 medium - 2 1/2" diameter |
| Carrots, raw | 1 medium - 6" to 7" long |
| Celery, raw | 3 medium - stalk - 7 1/2" to 8" long |
| Dill pickles | 0.5 cup |
| Dill weed, fresh | 0.25 cup |
| Dulse flakes | 0.3 x 1 tbsp |
| Olive oil | 1 tablespoon |
| Vegenaise | 3 x 1 tbsp |

Instructions

Canned chickpeas or dried, soaked and cooked chickpeas can be used. If using canned - use 1 can (796 ml). If using dry use 1.25 cup. Use your own discretion with the amount of vegenaise for desired consistency.

1. Use a masher to mash cooked chickpeas. Combine in a large bowl with diced onions, carrots and celery and chopped pickles and dill, dulse, olive oil and vegenaise.

Serve on toast, crackers in a salad or in in a wrap. Can also be added to Buddha bowls.