

Chickpea “Tuna” Salad

**There are many variations to this. Be creative! Make this just like you would tuna/egg/potato salad. But use mashed chickpeas at the base.

Ingredients:

- 1 or 2 cans of chickpeas
- Mustard, vegan mayonnaise, buffalo sauce, tahini, vegan ranch (any combination of condiments).
- Diced onions, celery, pickles, jalepenos
- Garlic powder, onion powder, paprika, dill, salt, pepper

Directions:

Non-Spicey:

1. Drain and rinse chickpeas. Mash with back of fork, immersion blender, or lightly process so there is still some texture.
2. Add in vegan mayo and mustard. Starting with one tablespoon at a time of each. I usually use more mayo than mustard.
3. Add in spices depending on what you like. A least 1-2 teaspoons of garlic, onion, and dill. ½ tsp paprika. Salt and pepper as needed.
4. Basic add ins are pickles, onions, celery diced.
5. Serve with carrots or celery sticks. As sandwiches, wraps, or spread on crackers. Great as well with pretzel sticks. Easy for parties and picnics.

Spicey:

1. Use Franks Buffalo Hot Sauce as your main condiment. Add in a squirt of mustard or dollop of vegan mayo/ranch as preferred.
2. Same spices: Garlic, onion, dill-1-2 tsp each. ½ tsp paprika. Dash of salt/pepper.
3. Diced pickles and onions are my go tos. I sometimes add in celery for an extra crunch.
4. As a sandwich or wrap filling, add extra mustard/mayo/ranch on the bread and top with extra veggies like lettuce, tomato, cucumber.
5. The spicey dip is great with carrot and celery sticks as a party appetizer!