

“UN” TUNA / CHICKEN SALAD RECIPE



INGREDIENTS

2 15 ounce cans chickpeas (Eden Organics Low Sodium BPA free)
1/3 cup dill pickle juice
2 Tbs. Vegenaïse
½ cup onion, finely diced
½ cup celery, finely diced
½ cup dill pickles, finely diced
2 Tbs. Dijon mustard

Drain and rinse the chickpeas.

Place 1 cup of the chickpeas in the food processor with the pickle juice and Vegenaïse. Blend until very smooth (you may need to stop and scrape down the sides a few times). Pour the chickpea/pickle/mayo mixture into a bowl.

Place the remaining chickpeas in the food processor (no need to clean it) and pulse until it reaches the texture you desire; I prefer chunky.

Combine the chickpea/pickle/mayo mixture, texturized chickpeas, chopped onions, celery, and pickles in a bowl and fold together gently.

Serve over toasted bread, crackers, on top of salad, etc.