

# Chickpea Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 servings

Serving size: ½ cup

Ingredients	Quantity	Measure
Chickpeas, Low-Sodium, canned, drained, and rinsed	3 ½	cups
Celery, small dice	1	cup
Onions, Green, thinly sliced	¼	cup
Red Bell Pepper, small dice	½	cup
Dill Pickles, chopped	½	cup
Eggless Mayonnaise	½	cup
Dijon Mustard	1	Tbsp.
Dill, Fresh, chopped	1	Tbsp.
Lemon Juice, Fresh	1 ½	Tbsp.
Garlic, Granulated	1	tsp.
Salt	½	tsp.
Black Pepper	½	tsp.

## Preparation

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, onions, bell pepper, pickles, eggless mayonnaise, Dijon mustard, fresh dill, lemon juice and garlic.
3. Salt and pepper to taste. Allow to chill for at least 30 minutes prior to serving.

## Serving Information

1. Serve on toasted bread or in a wrap.
2. Serve on a cold spinach salad.

**Nutrition Information** (For chickpea salad only; doesn't include bread) \*From USDA Nutrient Database  
Calories: 128 Total Fat: 5.5g Saturated Fat: 0.3g Monounsaturated Fat: 2.4g Polyunsaturated Fat: 1.2g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15g Fiber: 4g Total Sugars: 2.9g Protein: 4.5g Sodium: 455mg  
Vitamin A: 22µg Vitamin C: 11.7mg Calcium: 39mg Iron: 1.4mg Folate: 9µg