

# Chickpea Salad

You can use this scrumptious chickpea salad just as you would a traditional chicken salad recipe.

- 4 cups or 2 - 16 oz. cans of chickpeas (garbanzo beans)
- 1 cup chopped celery
- 1/2 cup thinly sliced green onion
- 2 Tablespoons freshly squeezed lemon juice
- 1/3 cup chopped red, orange or yellow pepper
- 1/3 cup veganaise or almonaise
- 1 Tablespoon Dijon or regular mustard
- 1/4 teaspoon black pepper
- 2 cloves garlic
- 1/4 teaspoon salt

In a bowl, combine chickpeas, celery, green onion, red, orange or yellow pepper, lemon juice, black pepper, and salt. Fold in the veganaise or almonaise and mustard. Stir to combine.

Chill or use right away. This is also great as a sandwich filling or on top of salad greens and sprouts.



Recipe adapted by Tonya Judd from a recipe from Herbal Legacy