PLANT-BASED “NO TUNA” BUT TASTES LIKE TUNA…SALAD

**INGREDIENTS:**

1. 15 oz. Chickpeas or 1 ½ cups
2. 3 Tblsp. Vegan Mayo
3. 1 Tblsp. Tahini
4. 1 Tblsp. Dijon or Spicy Mustard
5. 1 Tblsp. Pure Maple Syrup
6. ¼ Cup Diced Red Pepper
7. ¼ Cup Diced Celery
8. ¼ Cup Diced Pickles
9. ¼ Cup Diced Red Onion
10. 1-3 Tblsp. Capers - Drained & Chopped
11. 1-2 Tblsp. Raw Sunflower Seeds
12. 1 Tomato- Cut into Wedges

**INSTRUCTIONS:**

1. Add the Chickpeas to a medium to large bowl and mash with a pastry blender, fork or potato masher. Leaving just a few beans whole
2. Add the Mayo, Tahini, Mustard, Maple Syrup, Red Pepper, Celery Pickles, Red Onion, Sunflower Seeds; mix together; rest of ingredients.
3. Add seasoning to taste. You can also add a bit more maple syrup if needed.

**SANDWICH:**

Spread a heaping scoop on to toasted bread. Add your favorite fixins and serve with a bowl of your favorite soup

**SALAD:**

Place about 1 cup of your choice of lettuce in the bottom of a bowl or plate. Use a large ice cream scoop and place 1 or 2 scoops of the chickpea salad on top of lettuce

Place tomato wedges around the side of dish and sprinkle with smoked paprika and green onions (optional) I used some fresh sage I had.

There are so many ways to serve this salad: Eat on its own, sandwich, salad, serve it on rice

**WAH LAH!**

Make this dish look as fancy as you’d like or add any other ingredients or spice

ENJOY!

Have a Happy, Healthy & Balanced Day!

Trish 😊

The Let’s Eat Healthy Plant-Based Cooking Show!