

Mashed Chickpea Salad

Ingredients

Submitted by Sandy Serbalik

Calories 265.4

1 can (15 oz) chickpeas (garbanzo beans), drained and rinsed

1/2 cup celery, sliced

1/2 cup carrots, diced

1/4 - 1/3 cup scallions, sliced

1/4 cup or so hummus or tahini (any vegan mayo works too)*

1 - 2 tablespoons mustard (stoneground or dijon)

sea salt & cracked pepper, to taste

dash of garlic powder

juice of 1 lemon, optional

small handful pepitas (pumpkin seeds), optional

paprika/smoked paprika, garnish

Directions

Drain and rinse your chickpeas, place in medium size bowl and roughly mash with a fork, potato masher or pastry blender. Add the remaining ingredients and combine. Add more hummus if you like it creamier and taste for seasoning.

Serve however you like...make a sandwich, serve on a bed of leafy greens or scoop up with crackers or sliced vegetables like cucumbers, bell peppers, celery sticks, etc.

Store leftovers in an air-tight container in the fridge for up to a week.

Source: food.com