

# Tuna-Less Tuna Salad

*Swick*

Serves 3 to 5 | Active Time: 15 minutes | Total Time: 15 minutes

## Step 1: Making the "Tuna" Salad

- 3 cups cooked chickpeas (1-28oz can)\*
  - 2 to 3 tbsp finely diced red onion, or to taste
  - 1/2 cup finely diced celery (approx 2 celery stalks)
  - 1/4 cup finely diced pickles or cornichon
  - 1/2 to 1 tbsp nori seaweed flakes, or to taste
  - 1/4 to 1/2 tsp sea salt, or to taste
  - 1/2 tsp freshly ground black pepper
  - 1/2 to 1 tsp Faux Chicken Bouillon Powder, or to taste
  - 1/2 cup vegan mayonnaise or Cashew Sour Cream
- Note: For this recipe, you will need one 28-ounce can of chickpeas (also called garbanzo beans) or two smaller cans. Alternatively, you can cook your own, which is even better. If using canned, drain and place into a large bowl. Also, note that canned hearts of palm and/or artichoke hearts can be used in combination with the chickpeas.
- Using a pastry cutter, potato masher, or a fork, mash the chickpeas to break them up.
- Next, add the onion, celery, pickles, nori flakes, salt, pepper, and the Faux Chicken Bouillon Powder to the chickpeas and mix to combine.
- Lastly, add the vegan mayonnaise or the Cashew Sour Cream. Mix to combine and taste for seasoning. Note: If the mixture seems a bit dry, add a touch more vegan mayo or cashew sour cream.

## Step 2: Serving the "Tuna" Salad

- Bibb, butter or head lettuce | optional
  - tomatoes | optional
  - bread for sandwiches | optional
- To serve the "tuna" salad, place into a lettuce leaf and serve with sliced tomatoes, if desired. Alternatively, toast some bread and make into sandwiches or serve with crackers. Enjoy!