



Lifestyle Medicine Group

Chickpea “Toona” Salad

Recipe from Sara O’Leary, MS, RDN, LD

Makes About: 4 Servings Prep Time: 15 minutes Cook Time: none

Ingredients

- 15-oz can of chickpeas, drained and rinsed
- ¼ cup Veganaise (or other plant-based mayo)
- 1 tablespoon prepared mustard, yellow or Dijon
- ¼ cup diced dill pickle or dill relish
- ¼ cup diced red onion
- ¼ cup diced celery (about 1 stalk)
- 1-2 teaspoons dill, to taste
- Pepper to taste

Method

Place chickpeas in a mixing bowl and mash with the back of a fork. Add remaining ingredients and mix thoroughly.

Use on a sandwich, in a whole grain wrap, as a dip with sliced cucumber, or atop top of salad greens.