

Vegan Tuna Salad

MAKES 4 SERVINGS

3 CUPS COOKED CHICKPEAS

1 AVOCADO, PEELED AND PITTED

½ CUP CHOPPED RED ONION

¼ CUP CHOPPED CELERY

2 TABLESPOONS DIJON MUSTARD

1 ½ TABLESPOONS FRESHLY SQUEEZED LEMON JUICE

½ TABLESPOON MAPLE SYRUP

1 TEASPOON GARLIC POWDER

- 1) In a bowl combine the chickpeas and avocado. Mash them down until chickpeas are broken apart. Note chickpeas should be a little clumpy.
- 2) Stir in the remaining ingredients, make sure everything is thoroughly combined, then serve.

TIP: TRY THE SALAD ON GREENS, OVER POTATOES OR ON WHOLE-WHEAT TOAST WITH A SLICE OF FRESH TOMATO, A LETTUCE LEAF AND DRIZZLE OF BALSAMIC GLAZE

