

# Chickpea "Tuna" Salad

Recipe By Sharon Shriqui



Cooking and Prep:  10  
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Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Vegan, Gluten Free, Low

Fat, Low Carb, Vegetarian,

Pescetarian

Source: Whisk by Ami

Magazine

## Ingredients (7)

### Main ingredients

- 1 (15-ounce) can **Haddar Chickpeas**
- 1/2 red onion, finely chopped
- 1 celery rib, finely chopped
- 3 tablespoons Veganaise "mayonnaise"

juice of 1 lemon, or more to taste

pinch salt

1 teaspoon mustard (*optional*)

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## Start Cooking

### To Prepare the "Tuna"

1. Mash chickpeas with a fork or potato masher until they are flaky and resemble canned tuna. Alternatively, you can pulse them a couple times briefly in the food processor.
2. Add to a mixing bowl, and add onions, celery, "mayonnaise," lemon, salt, and mustard (*optional*).
3. Serve chickpea salad atop a green salad, stuff it in a pita, or roll it up in a wrap with your favorite tuna toppings.

#### Variation:

You can also add any ingredients you usually enjoy when making tuna. Mix until thoroughly combined.