

## Chickpea “Tuna” Salad



When you want to have a “tuna” salad-like sandwich, wrap or even on a lettuce leaf, opt for this Chickpea “Tuna” Salad.

This recipe came from Melissa Costello of Karma Chow Kitchen where you’ll find many delicious vegetarian/vegan recipes.

### Ingredients

- 2 cans chickpeas, drained & rinsed – or soak about ½ cup of dried chickpeas and cook to yield just under 1½ cups of cooked chickpeas
- 1/2 small red onion, diced
- 2 Tbl capers, drained
- 1 Tbl freshly chopped dill
- 1/4 c. chopped walnuts or almond slivers
- 3 Tbl grapeseed Vegenaïse
- 1 Tbl dijon
- 1 Tbl apple cider vinegar
- sea salt & pepper to taste
- 2 tsp dulse flakes (optional)

### Directions

1. Using a food processor fitted with the S-blade, grind chickpeas until flaky.
2. Transfer to a bowl.
3. Add remaining ingredients and mix well with a fork to incorporate.
4. Season with salt & pepper.
5. Enjoy!