

C hickpea Salad

Vegan, gluten-free (option), refined-oil free (option)

Recipe by Jentry Lee Hull

Yields 6-8 servings

Prep time: 15 minutes

Total time: 15 minutes

INGREDIENTS

- 2 (15oz) cans organic chickpeas, drained and thoroughly rinsed
- 1/2 bell pepper, seeded and roughly chopped
- 2 ribs celery, roughly chopped
- 2 carrots, roughly chopped
- 1 red onion, peeled and roughly chopped
- 1/3 cup raw unsalted sunflower seeds
- 1 small bunch fresh dill, roughly chopped
- 1 Meyer lemon, juiced
- 1 small orange, juiced
- 1/4 cup vegan mayo (sub with 1/3 cup smooth hummus*)
- 2 Tbsp dijon mustard
- 1/2-3/4 tsp pink salt
- 1/2 tsp paprika
- Pinch of cayenne
- Freshly ground pepper, to taste

Additional Ingredients

- 100% whole grain bread (I love [Dave's Killer Bread](#)), whole grain tortilla, or gluten-free bread/tortilla
- Romaine lettuce
- Sliced pickles

METHOD

- Rinse and drain chickpeas in a colander and shake to remove excess water.
- Rinse and scrub all produce ingredients.
- In a food processor, add chickpeas and pulse 2-5 times until chickpeas transform into flakey pieces (sort of like tuna).
- Scrape down the sides, pulse again a couple times, then transfer flaked chickpeas into a mixing bowl.
- In the same food processor (no need to clean), add roughly chopped bell peppers, celery, carrots, and red onion. Pulse the food processor 5-6 times, or until veggies are more finely diced.
- Transfer veggies to the same mixing bowl as the flaked chickpeas.
- In the same food processor (still no need to clean), add sunflower seeds and fresh dill. Pulse a couple of times until seeds and dill are finely diced.
- Transfer mixture into bowl along with chickpeas and veggies.
- In the large mixing bowl, add remaining ingredients to mixture. Stir and adjust seasonings to taste.
- Make your sammie/wrap and enjoy!
- Store leftovers in an airtight container in the fridge for up to 5 days.

Notes

- If you don't have a food processor, you can use a masher or large fork to press and manually flake your chickpeas. You can also finely dice and chop the veggies, dill, and sunflower seeds without using a food processor. Just make sure you are using a sharp knife and sturdy cutting board.

- For a lower fat version: option to sub vegan mayo with creamy hummus. You may want to add more lemon juice or a splash of apple cider vinegar to up the brightness and tang.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 308	
% Daily Value *	
Total Fat 12 g	18%
Saturated Fat 1 g	4%
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 859 mg	36%
Potassium 435 mg	12%
Total Carbohydrate 41 g	14%
Dietary Fiber 9 g	36%
Sugars 4 g	
Protein 10 g	20%
Vitamin A	29%
Vitamin C	38%
Calcium	14%
Iron	16%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	