

Healthy Recipe of the Month



April

Chickpea Salad

ACTIVE TIME:

5 Minutes

TOTAL TIME:

15 Minutes

SERVINGS:

6

**INGREDIENTS:**

- 2 15.5 oz cans chickpeas (about 3 ¾ cups)
- 2 tablespoons celery
- 2 tablespoons yellow onion
- 2 tablespoons parsley
- 4-5 tablespoons mayonnaise
- 2-3 teaspoons Dijon mustard
- Salt to taste

DIRECTIONS:

- Pour both cans of chickpeas (and liquid) into medium saucepan. Simmer over medium heat for 10 minutes, then pour chickpeas into colander or sieve and drain well.
- Transfer drained chickpeas to large bowl. Using potato masher or fork, mash chickpeas until desired consistency is achieved.

- Add celery, onion, parsley, vegan mayonnaise, vegan Dijon mustard, and salt to mashed chickpeas. Stir well to thoroughly incorporate all ingredients
- Chill chickpea salad if desired, or serve immediately on bread or in lettuce cups with preferred toppings.

NUTRITIONAL INFORMATION:

FOR 1/6 OF THE RECIPE

Serving Size: 1serving**Calories:** 153cal**Protein:** 5g**Fat:** 8g**Saturated Fat:** 1g**Sodium:** 553mg**Potassium:** 169mg**Total Carbs:** 15g**Fiber:** 5g**Sugar:** 1g**Net Carbs:** 10g**Vitamin A:** 141IU**Vitamin C:** 2mg**Calcium:** 41mg**Iron:** 1mg

<https://40aprons.com/chickpea-salad-sandwich/>