

# Chickpea “Toona” Salad

3 - ¾ cup servings



## Ingredients

- 1, 15 oz. can of chickpeas
- ½ cup of cucumber, diced small
- ½ cup of mayonnaise or plant-based mayo
- 1 tsp. of garlic powder
- 1 tsp. of lemon juice
- 1 tsp. of paprika
- 1 tsp. of mustard
- 1 tsp. dried parsley
- ½ cup of green pepper, diced small
- Salt and pepper
- Optional: ½ cup of pickles, diced

## Directions

- 1 Drain chickpeas from a can and rinse. Add to a medium sized mixing bowl.
- 2 Mash chickpeas with fork or handheld masher until most chickpeas are flattened.
- 3 Add mayo, mustard, lemon juice, green peppers and cucumbers to bowl and mix well.
- 4 Add paprika and parsley and mix well. Add salt and pepper to taste.
- 5 Spread mixture on a large lettuce leaf, slices of bread for a sandwich, or mix with noodles for a delicious pasta salad. Enjoy!