

CHICKPEA SALAD



FROM PLANT-POWERED FAMILIES  
BY DREENA BURTON

# Chickpea Salad

## Ingredients

3–4 teaspoons tahini (see note)  
2 teaspoons plain nondairy milk  
2 teaspoons freshly squeezed lemon juice  
1–1 1/2 teaspoons red wine vinegar to taste  
1 teaspoon tamari  
1/2 teaspoon Dijon mustard  
1/2 teaspoon kelp granules  
1/2 teaspoon pure maple syrup  
1–2 pinches sea salt to taste  
1 cup chickpeas, rinsed and drained  
1/4 cup diced apple  
2–4 tablespoons diced green or red bell pepper  
2–3 tablespoons diced celery (optional; see note)  
2 teaspoons capers (optional; see note)  
Sprinkle chopped fresh parsley (optional)

## Directions

1. This mixture is reminiscent of a tuna salad, but much healthier, and also tastier!
2. In a bowl, whisk together the tahini, milk, lemon juice, red wine vinegar, tamari, mustard, kelp granules, maple syrup, and sea salt.
3. Mash the chickpeas slightly with a fork or bottom of a measuring cup. Add to the tahini mixture along with the apple, bell pepper, celery, capers, and parsley, and mix together.
4. Serve between slices of whole-grain bread, rolled in a tortilla, as a green wrap (using large leaves of romaine lettuce or collards), or rolled with some rice in nori sheets.

*Tahini Note:* A little tahini goes a long way. For a creamier mix use the full 4 teaspoons, but for a little lighter salad, use 3.

*Seasonings Note:* You may want to omit the celery and capers for your kiddos. Be sure to include the apple; it's delightful with the savory ingredients! Raisins are also a great addition.