

Chickpea Salad Recipe

Servings: 3

Ingredients:

Chickpeas (garbanzo beans), drained, 1 can (1 ½ cups)

Egg-Free Mayo (ex: Just), ½ cup

Dijon Mustard, 1 Tbsp.

Parsley, dried, 1 tsp.

Salt, ½ tsp.

Black pepper, ½ tsp.

Garlic, granulated, ½ tsp.

Dill pickles, diced, 1 Tbsp. (add more to taste)

Optional ingredients:

Red bell pepper, diced ¼ cup

Celery, diced, ¼ cup

Carrots, shredded, 2 Tbsp.

Dill, fresh, chopped, ½ Tbsp.



1. Grind chickpeas in a food chopper or mash with a potato masher until most of the beans become small flaky pieces.
2. Combine all ingredients and mix well.
3. Cool in the refrigerator for at least an hour.
4. Serve over lettuce, with crackers, in a sandwich or make a melt.

Chickenless Salad

Servings: 4

Ingredients:

Chicken-free tenders (such as Gardein brand), 1 bag

Egg-Free Mayo (ex: Just), ½ cup

Dill pickles, diced, 2 Tbsp. (add more to taste)

Optional ingredients:

Red bell pepper, diced ¼ cup

Celery, diced, ¼ cup

Carrots, shredded, 2 Tbsp.

Dill, fresh, chopped, ½ Tbsp.



1. Prepare tenders as instructed on package.
2. Chop tenders.
3. Combine all ingredients and mix well.
4. Eat immediately or cool in refrigerator for 30 minutes.
5. Serve over lettuce, with crackers, in a sandwich or make a melt.