

Chickpea of the Sea

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings:10

Serving size: ½ cup

Ingredients	Quantity	Measure
Chickpeas, canned, drained, rinsed	7	cups
Celery, small dice	2	Cups
Onions, green, thinly sliced	½	Cup
Capers	¼	cup
Red bell pepper, small dice	1	cup
Egg-free mayonnaise	1	cup
Garlic, granulated	2	teaspoon
Dijon mustard	2	Tablespoon
Seaweed, nori sheets, dried, crushed	2	cup
Lemon juice	3	Tablespoons
Salt	1	teaspoon
Black pepper	½	teaspoon

Preparation

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, green onions, capers, bell pepper, mayo and garlic until combined.
3. Stir in the mustard and crushed seaweed.
4. Season with the lemon juice, salt and pepper, adjusting quantities to taste.

Serving Information

Serve on toasted bread, in wraps or on top of a leafy green salad.

Nutrition Information

 *From USDA Nutrient Database

Calories: 138 Total Fat: 6g Saturated Fat: 2g Monounsaturated Fat: 0g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 15g Fiber: 5g Total Sugar: 3g Protein: 5g Sodium: 329mg Vitamin A: 21µg
Vitamin C: 13mg Calcium: 49mg Iron: 2mg Folate: 40µg

