**LOVE THY CARROT**

*real food made with love*

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**MASHED CHICKPEA SALAD THAT TASTES LIKE TUNA!**

Chickpeas are a great source of plant-based protein.
This will make enough for about 3 big sandwiches.

**INGREDIENTS**

1 can chickpeas, rinsed, (15-ounce tin)
2 stalks celery, finely chopped
2 green onions, thinly sliced, (or you could use red onion)
1/4 cup finely chopped dill pickle, (use a bit more if you like pickles)
1/4 cup finely chopped red or yellow pepper
3 tbsp mayonnaise, (I like [Vegenaise](https://followyourheart.com/vegenaise-eggless-mayonnaise-old/%22%20%5Ct%20%22_blank) but if you love [Hellmann's](http://www.hellmanns.ca/product/detail/115477/hellmanns_real%22%20%5Ct%20%22_blank) then why not)
2 tsp yellow mustard
2 tsp fresh lemon juice, (start with a bit and add more to taste)
1/2 tsp salt, or more to taste
ground black pepper

**DIRECTIONS**

1. Pulse the chickpeas in a food processor until broken down, but not totally mushy.
2. Add in the celery, green onions, pickles, peppers, mayonnaise and pulse a few times.
3. Transfer to a medium sized bowl and stir in the mustard, lemon juice, salt and pepper.
4. Taste and adjust seasoning, you may need more salt or lemon juice or more mayo, depending on your tastes.
5. Serve on your favourite bread or add a scoop on top of your salad.

**COOKS NOTES**

This keeps well in the fridge for about 3 to 4 days.