



Mock Tuna Salad

INGREDIENTS

15.5 ounce can chickpeas, drained
¼ cup vegan mayonnaise
⅓ cup celery, finely chopped
2 tablespoons sweet onion, finely chopped
½ tablespoon nutritional yeast flakes
1 green onion, chopped
1-2 teaspoon/s low-sodium soy sauce
1-2 tablespoons sweet pickle relish

DIRECTIONS

1. Dump the chickpeas in a food processor and process to a chunky consistency. Place in a medium-sized bowl.
2. Food process the celery and sweet onion. Add to bowl.
3. Include all other ingredients.

Servings: 4-6

SLIGHTLY MODIFIED from *From Plant to Plate*, by Tami Bivens, R.D. p. 150. For more information go to <https://lifeandhealth.org>

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