



# Tuna-less Tuna Salad

Serves: 3-5   Active Time: 20 minutes   Total Time: 25 minutes

## Tuna Salad

### Ingredients:

- 3 cups cooked chickpeas (1-2 8oz can, no sodium added)
- 2 to 3 Tbsp red onion, small diced
- 2 to 3 celery stalks, small diced (approximately ½ cup)
- 2 to 3 pickles, small diced (approximately ½ cup)
- 2 Tbsp nori seaweed flakes
- ½ tsp freshly ground black pepper
- ½ cup Cashew sour cream
- Sea salt, to taste

### Directions:

- Mash the chickpeas to break them up in a bowl.
- Add the onion, celery, pickle, nori flakes and pepper to combine.
- Add cashew cream. Mix to combine. Sprinkle sea salt to taste.



## Serving the Salad

### Ingredients:

- Head lettuce
- Tomatoes, diced
- Bread or sandwiches (optional)

### Direction:

- To serve the “tuna” salad, place into lettuce leaf and serve with sliced tomatoes, if desired.
- Alternatively, toast some bread and make into sandwiches or serve with crackers. Enjoy!