

NON CHICKEN SALAD

“Let your food be thy medicine” Hippocrates, Father of Medicine



This recipe makes 3 sandwiches

1 can 15 oz. chickpeas (garbanzo beans)
3 Tblsp. Tahini
1 Tblsp. Lemon Juice
1 Tablespoon Maple Syrup
¼ cup finely chopped celery
¼ cup finely chopped purple onion
¼ cup chopped dill pickle or pickle relish
1 tsp. capers loosely chopped
1 tsp. Dijon mustard
½ tsp. Garlic Powder
Himalayan Sea Salt and Pepper to taste
Pinch of cayenne if you like a little kick

Rinse and drain the chickpeas. Lightly mash with a fork. Put aside. In a separate bowl, add the rest of the ingredients. Stir well with a fork or whisk. Add to chickpeas and mix well. Place a large spoonful of salad onto a very healthy bread. Add sliced tomato, Romaine lettuce and sliced red onion. Or, make in a wrap, or just eat as a side dish.

*If you like the taste of Tuna, you can make NON TUNA salad by adding 1 tsp. dulse flakes to the recipe, or crushing a nori sheet into the ingredients.

This recipe is very filling, satisfying and is chock full of fiber, protein, vitamins and minerals. Leftovers can be stored in the refrigerator up to 5 days. One of my favorite recipes to keep in the fridge for quick meals.