

Recipe for



Mock Tuna Salad w/ Chickpeas

SERVES 4

PREP TIME/TOTAL
TIME 10 min / 15 min

NUTRITION INFORMATION

Total Calories 586 / 718 calories

Fat 8.7 / 19.2 g

Protein 32 / 51 g

Carbohydrates 99.1 / 96 g

Fiber 26.2 / 23.6g

INGREDIENTS

1 12 oz pack of tofu

1 1/2 tbsp fresh lemon juice

2 dates, pitted

1/2 tsp salt, 1/4 tsp mustard powder,
1/8 tsp ground pepper

1 - 1 1/2 cups cooked/canned chickpeas

1 - 2 tsp low sodium sweet pick relish

1/4 cup chopped celery

DIRECTIONS

Step 1, Tofu Mayonnaise: Add 12 oz of tofu, 1 1/2 tbsp lemon juice, 2 dates, and spice to blender. Blend until smooth.

Step 2, Mock Tuna: Add 1 - 1 1/2 cups of cooked or canned chickpeas, 1 - 2 tsp of relish and 1/4 cup chopped celery to bowl. Mash chick peas with a fork until desired texture (may also blend chickpeas and relish to desired texture and mix in celery).

Step 3: Combine tofu mayo and mock tuna.

*soak dates in water until soft if using a medium powered blender