

Vegan Chickpea Salad

This chickpea salad is a vegan take on tuna salad. It is high in protein and has a creamy texture. It is the epitome of comfort food because it is filling and satisfying. Try this on sandwiches, with whole grain crackers, or as a salad topper.

Ingredients:

1 can	Chickpeas, drained and rinsed
¼ cup	Celery, finely chopped (About 2 medium stalks)
¼ cup	Carrot, finely chopped (About 1 large carrot)
1 T.	Shallot, minced
1 T.	Salt and fresh ground black pepper
3 T.	Fresh tarragon, finely chopped
1 T.	Fresh parsley, finely chopped

Dressing ingredients

¼ cup	Plain hummus
1 t.	Mustard, preferably Dijon
½ t.	Paprika
½ t.	Ground black pepper
1	Lemon, juiced

Directions:

1. To make “tuna salad”: add chickpeas into a large bowl and mash until about 90% of beans are mashed. Add in celery, carrot, shallot, tarragon, and parsley.
2. To make dressing: in a small bowl, whisk hummus, mustard, paprika, ground black pepper, and lemon juice.
3. Add the dressing to the “tuna salad” and mix.
4. Serve on your favorite whole grain bread, pita, crackers, or on top of a salad.

Strawberry, Lime, and Mint Popsicles

Simple and refreshing, this no sugar added dessert is perfect for summer. This makes 6 popsicles.

Ingredients:

16 oz.	Strawberries, hulled (about 15 large strawberries)
1 handful	Fresh mint leaves
1	Lime, zested and juiced

Directions:

1. Combine strawberries and mint into a blender and blend. Squeeze lime and add lime zest.
2. Pour into popsicle molds and freeze for 4-6 hours.