

CHICKPEA OF THE SEA



SERVES 2

INGREDIENTS

- 1 (15 ounces) can low-sodium chickpeas, drained and rinsed
- 1 tbsp Dijon mustard
- ¼ cup hummus or plain plant-based yogurt
- ¼ tsp old bay seasoning
- 1 large carrot, diced
- 1 celery stalk, diced
- ¼ cup red onion, diced
- ¼ cup diced celery
- ¼ cup toasted sunflower seeds
- Salt and pepper to taste

For serving, optional

- 2 romaine lettuce leaves or 2 slices whole-grain bread, lightly toasted
- Sliced red onion, tomato, avocado and/or lettuce

CHICKPEA OF THE SEA

This flavorful chickpea salad only takes 5 minutes to make and there is no cooking involved, making it the perfect recipe for healthy lunches!

INSTRUCTIONS

1. In a medium bowl, mash drained and rinsed chickpeas with a fork. Add the remaining ingredients and stir to combine.
2. Prepare desired toppings, such as sliced red onion, tomato or avocado.
3. If serving as a sandwich, toast bread and serve between slices with toppings.
4. If serving with romaine lettuce leaves, top leaves with chickpea mixture and toppings

SERVES 4

INGREDIENTS

- 1 can low-sodium chickpeas, (15 ounces), drained and rinsed
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon juice
- ¼ cup hummus or plain plant-based yogurt
- 1 tablespoon lemon juice
- ½ teaspoon cajun seasoning
- 1 carrot, diced
- 1 celery stalk, diced
- 2 table cup red onion, diced
- ¼ cup toasted sunflower seeds
- Salt and pepper to taste
- 1 tspn of capers (optional)
- Sprinkle in crumbled nori flakes for a tuna fish taste (optional)



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