

Idiot's Kitchen Recipe – Perfect Chickpea Salad

Recipe from www.idiotskitchen.com - Adapted from *Oh She Glows* by Angela Liddon



Ingredients:

1 (15 oz.) can chickpeas, drained & rinsed
2 ribs celery, finely chopped
2-3 green onions, finely chopped
1 dill pickle, finely chopped
½ cup bell pepper, finely chopped (any color is fine)
2-3 Tablespoons mayonnaise (regular, light, or vegan)
1½ teaspoons Dijon mustard
2 teaspoons fresh dill, finely chopped
½ lemon, juiced
Salt & Pepper

Drain and rinse 1 (15 oz.) can of chickpeas then transfer them to a large bowl. Use a potato masher to smash the chickpeas until they have a flaky texture. (This takes a little oomph and elbow grease.)

Finely chop 2 ribs of celery, 2-3 green onions, ½ a bell pepper, and 1 dill pickle and add them to the bowl.

Add 2-3 Tablespoons of mayonnaise and stir gently to combine.

Add 2 teaspoons Dijon mustard, 2 teaspoons chopped fresh dill, and salt & pepper to taste. Stir to combine.

For the best flavor allow this to rest in the refrigerator for 1 hour or more.

Serve on a sandwich, as a salad, or on half an avocado.

Makes 3 servings.