



CELEBRATE SALAD!

I CAN'T BELIEVE IT'S NOT TUNA SALAD

ADAPTED FROM *Forks Over Knives Cooking Course*

FOR THE SALAD:

- 3 cups cooked chick peas (1 28oz can, no sodium added)
- 2-3 Tbs red onion, finely diced (or to taste)
- 2-3 celery stalks, finely diced (approx. ½ cup)
- 2-3 pickles, finely diced (approx. ¼ cup)
- 2-3 Tbs dulse flakes
- 1-2 Tbs kelp blend
- ½ tsp freshly ground black pepper
- 1 Tbs Dijon mustard
- 2 Tbs pickle liquid
- ½ cup Cashew Sour Cream (We used Veganaise to make this nut-free.)
- Sea salt to taste

1. Drain the chick peas (also called garbanzo beans) and rinse. Place rinsed beans in a large bowl
2. Using a pastry cutter, potato masher or fork, mash the chick peas to break them up. Alternatively place them into a food processor and pulse them several times until broken up.
3. Add the finely diced red onion, celery and pickle, dulse, kelp and pepper and mix thoroughly.
4. Add the pickle liquid and Veganaise (or cashew sour cream) and mix to combine.

FOR THE CASHEW SOUR CREAM (IF USING):

- 1 cup raw cashews (best soaked for at least 2 hours)
- ½ - ¾ cup water
- 1 Tbs. fresh lemon juice
- 1½ Tbs. apple cider vinegar
- ¼ tsp sea salt (or less, depending on taste)

1. Drain the cashews and place into a blender.
2. Add the remaining ingredients and blend until smooth, starting with ½ cup water and adding more if a thinner consistency is desired.

This salad can be enjoyed with crackers or crudité's or spread inside a nori roll, lettuce leaf or collard leaf. It can also be stuffed into a ripe, juicy tomato, red bell pepper, or hollowed cucumber.