

## **Easy Chickpea Salad**

by Kathleen Kastner

4 servings

2 cans chickpeas mashed with potato masher or fork

3 Tablespoons vegan mayo

1-2 teaspoons Dijon mustard

1 teaspoon maple syrup

2 celery stalks chopped

2 Tablespoons organic sweet pickle relish (Trader Joe's has it.)

1/4 cup chopped purple onion or green onion

1/4 tsp salt (optional)

Top with raw pumpkin seeds or sunflower seeds

Serve with crackers or avocado toast on a bed of chopped kale