"No" Tuna Salad

Ingredients for 4 servings:

- 1 can of chickpeas
- 1 tablespoon of Tahini sauce
  or 1 tablespoon of mayonnaise
- 1 lime
- ½ tablespoon of salt
- Canned or frozen vegetables such as peas, carrot, and corn
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Preparation:

1. In a food processor, add the chickpeas without the liquid, the tahini sauce (or mayonnaise), lime juice and salt.
2. Use the chop function to blend in. Do not blend all the way, as we want the “tuna” consistency.

You can serve with:
- Chips
- Cucumber rounds
- Crackers

Nutrition Tip:
Chickpeas are a great source of vegetarian protein.

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