



**ABUELA MAMA Y YO**

FORTALECIENDO LA SALUD DE TRES GENERACIONES

# "No" Tuna Salad

## Ingredients for 4 servings:

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



# "No" Tuna Salad

## 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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