



Chickpea Salad

INGREDIENTS

- 1 can garbanzo beans (15 oz)
- ½ yellow onion
- ½ cup dill pickle or dill relish
- 1 cup celery
- 2 tbsp Dijon mustard
- 3 tbsp unsweetened applesauce
- 1 tsp fresh dill
- Salt and pepper to taste

METHOD

- 1** Rinse and drain the garbanzo beans. Chop the yellow onion. Dice the dill pickle or dill relish and the celery. Chop the fresh dill.
- 2** Place the garbanzo beans in a medium bowl and mash with a fork.
- 3** Add the chopped yellow onion, diced dill pickle or dill relish, diced celery, Dijon mustard, applesauce, chopped fresh dill, salt, and pepper.
- 4** Mix until well combined. Taste and adjust seasoning and enjoy.

TIPS & ADDITIONAL INFORMATION

If you don't have fresh dill, you can use about 1/4 teaspoon dried dill instead.