

Easy Paprika-Chickpea Salad (Mock Chicken Salad)

By Laura Theodore

Makes 4 servings

Prep time: 15 minutes

This yummy salad features creamy chickpeas paired with the zip of fresh lemon juice. This vegan substitute for traditional chicken salad provides is dressed up with smoky paprika, colorful mini peppers and a dash of garlic powder to make an appetizing (and filling) sandwich spread, or topper for a crisp bed of greens. It jazzylicious!

1 can (14 to 16 ounces) chickpeas (garbanzo beans), drained and rinsed

2 tablespoons water, plus more as needed

1½ tablespoons freshly squeezed lemon juice

1½ tablespoons sesame tahini (see note)

¼ rounded teaspoon smoked paprika

¼ teaspoon sea salt

1/8 teaspoon garlic powder

2 tablespoons seeded and diced mini sweet peppers

Put the chickpeas, water, lemon juice, tahini, smoked paprika, salt and garlic powder into a medium-sized bowl and mash using a potato masher or large fork until combined, but still chunky. Add a bit more water if the mixture seems too thick to spread. Fold in the diced mini sweet peppers.

Use as a sandwich filling or serve over a bed of crisp greens with crackers on the side.

Chef's Note: If desired, you may use 2 to 3 tablespoons vegan mayonnaise in place of the sesame tahini.

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