



Mock Chicken Salad

1 can chickpeas, rinsed and drained
1/4 cup vegan mayonnaise
1/2 cup or so chopped onion
1/2 cup or so chopped celery
Salt and pepper to taste

Mash the chick peas with a potato masher and mix with the mayonnaise. Add the veggies (or substitute your favorite chopped veggies) and the salt and pepper. Great taste and consistency and so EASY. Serve on bread or in a pita, etc. with lettuce, tomato, whatever you want.