

Chickpea Tuno Salad

Eat to Live - Joel Fuhrman pg 128

Yield: 1 qt.

Serving size: 8



Ingredients:

3 cups cooked garbanzo beans
1 cup raw slivered almonds preferably blanched
2 tablespoons lemon juice or more to taste
1 teaspoon kelp granules
1 - 12.3 oz package firm lite silken tofu
3 tablespoons white wine or champagne vinegar
¼ - ½ teaspoon dry mustard
2 tablespoons nutritional yeast
3 teaspoons Dijon style mustard
2 medium-larges stalks celery diced
4 green onions minced
1/3 cup red bell pepper minced
3/4 cup frozen peas thawed
dash black pepper
salt to taste

Directions:

In a food processor, pulse the chickpeas and almonds until coarsely chopped. Add the lemon juice and kelp powder and pulse a few more times. Transfer to a large mixing bowl.

Place the tofu, vinegar, dry mustard, yeast, and mustard in a high-powered blender and blend until very smooth. Add to the mixing bowl with the chickpea mixture, along with the celery, green onions, red pepper, peas, and black pepper. Mix thoroughly.

Cover and refrigerate for at least 30 minutes to let the flavors mingle before serving.

Almonds can be blanched to remove the skins. In some recipes, you may not want the skins because they will affect the color and texture of the dish. To blanch your own almonds, place them in boiling water for 1 minute, drain, and rinse with cold water. Holding the almond between your thumb, and finger, squeeze to slide the skin off.