

Chick Salad

YIELD Makes 100, 4oz portions

Chef Barrett Grazioso

This is a simple easy, vegetarian salad, that can be used for sandwiches, wraps, salad, and bento boxes. You can flavor it anyway you would Chicken salad.

INGREDIENTS

2 number 10 can **Chickpeas**
1 head celery, finely diced
1 cup finely chopped red onions
½ cup finely chopped dill
1 cup finely chopped parsley

Seasoned mayonnaise

3 cups mayonnaise
½ cup yellow mustard
1 cup red wine vinegar
Salt and pepper to taste

DIRECTIONS

1. Rinse and drain the Chickpeas
2. In a large bowl, mash chickpeas with a fork until flaky or until desired consistency. Can pulse in a food processor as well.
3. Stir in celery, red onions, and herbs (dill and parsley). Mix well. Set aside.
4. In another bowl, combine all ingredients for the seasoned mayonnaise.
5. Add mayonnaise to chickpea and vegetable mixture, mix well. Adjust seasoning as needed.
6. Serve on Whole grain bread, Roll, crackers, in a tortilla or on a lettuce salad. Even better prepared the day before!

Optional flavor profiles:

Curry, cilantro, dried cranberries
Cumin, cilantro, red peppers

RECIPE NOTES: Chick Salad

Calories¹ 68.343 kcal, Total Fat 2.393 g Total Dietary Fiber 1.787 g Vitamin C 2.576 mg 31.514%
Calories from Total Fat Saturated Fat¹ 0.290 g Trans Fat *0.000* g Protein 1.944 g M/MA 4oz