

# Smashed Chickpea Salad with Tahini Dressing

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 1/2 cups Chickpeas (cooked, rinsed)
- 1 Apple (finely chopped)
- 2 stalks Celery (finely chopped)
- 2 tbsps Tahini
- 2 tbsps Water
- 3 tbsps Lemon Juice
- 1/2 tsp Sea Salt
- 1 Garlic (clove, small, minced)

## DIRECTIONS

- 01 In a mixing bowl, mash the chickpeas with a fork until a fine crumb texture forms. If you'd like more texture, leave some chickpeas whole. Add in the apple and celery.
- 02 In a second small mixing bowl, make the dressing. Combine the tahini and water and stir to combine. Then stir in the lemon juice, salt and garlic.
- 03 Add the dressing to the chickpea mixture and stir to combine. Season with additional salt or lemon if needed. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	351	Carbs	53g
Fat	12g	Protein	14g