

# Dijon Chickpea and Tofu Salad



TOTAL TIME

10 mins



COURSE

Lunch



SERVINGS

4 servings

CALORIES

248 kcal

## EQUIPMENT

- mixing bowl

## INGREDIENTS

- 15 oz can of chickpeas drained & rinsed
- 8 oz extra firm tofu cubed
- 6 Tbsp vegan mayonnaise
- ¼ cup green onions chopped
- 2 Tbsp capers drained
- 1 Tbsp Dijon mustard
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 8 lettuce leaves

## INSTRUCTIONS

1. In a large bowl, coarsely mash chickpeas with a fork. Add tofu and stir to combine. Stir in vegan mayonnaise, green onions, capers, Dijon, salt and pepper. Serve over lettuce leaves.

## NUTRITION

## Nutrition Facts

Dijon Chickpea and Tofu Salad

**Amount Per Serving**

<b>Calories</b>	248	Calories from Fat	108
<b>% Daily Value*</b>			
<b>Fat</b>	12g	<b>18%</b>	
<b>Carbohydrates</b>	19g	<b>6%</b>	
<b>Protein</b>	12g	<b>24%</b>	

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free

**Tried this recipe?**

Let us know how it was!