

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

Calories 248 Calories from Fat 108

% Daily Value*	
Fat 12g	18%
Carbohydrates 19g	6%
Protein 12g	24%

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



KEYWORD

gluten free

Tried this recipe?

Let us know how it was!