

Mashed Chickpea Salad with Seitan & Capers



PREP TIME

10 mins

TOTAL TIME

10 mins



COURSE

Dinner, Lunch



SERVINGS

7 servings

CALORIES

410 kcal

EQUIPMENT

- 1 can opener
- cutting board and knife for chopping veggies
- food storage containers optional

INGREDIENTS

- 2 15 ounce cans chickpeas rinsed
- $\frac{2}{3}$ c finely chopped celery
- 2 c seitan chopped
- $\frac{1}{2}$ c vegan mayonnaise
- $\frac{1}{2}$ c chopped fresh dill
- 1 clove garlic minced
- 2 scallions finely chopped
- 4 tsp capers chopped
- 2 Tbsp lemon juice or more to taste
- $\frac{1}{2}$ tsp ground pepper
- 14 c mixed greens or baby spinach
- 3 $\frac{1}{2}$ Joseph's Original Pitas

INSTRUCTIONS

1. Put the chickpeas to a medium bowl. Mash the chickpeas with a fork.
2. Add chopped seitan, celery, vegan mayonnaise, dill, scallion, capers, lemon juice, and pepper; stir until well coated.
3. In 7 containers, place 2 cups of mixed greens or baby spinach each.
4. Top each with 1/7 of the chickpea salad.

5. Serve with ½ of a Joseph's pita on the side.

NUTRITION

Nutrition Facts

Mashed Chickpea Salad with Seitan & Capers

Amount Per Serving

Calories	410	Calories from Fat	135
% Daily Value*			
Fat	15g	23%	
Carbohydrates	43g	14%	
Protein	30g	60%	

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



KEYWORD
soy-free

Tried this recipe?

Let us know how it was!