

VEGAN TUNA SALAD^o



SERVES: 4 (approx. ½ cup each) **Prep Time: 15 min. Cooking Time: None**

CONTAINER EQUIVALENTS (per serving): ½ 1 1

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- 1½ cups** chickpeas, drained, rinsed
- ¼ cup** mashed avocado (approx. ¼ medium)
- ¼ cup** sliced green onion
- ¼ cup** chopped red onion (approx. ⅓ medium)
- ¼ cup** chopped celery (approx. ¾ medium stalk)
- 1 Tbsp.** extra-virgin olive oil
- 1 Tbsp.** fresh lemon juice
- 1 Tbsp.** Dijon mustard
- 1 Tbsp.** finely chopped fresh dill weed (or 1 tsp. dried)
- ½ tsp.** kombu powder (optional)
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper

- 1.** Place chickpeas in medium bowl. Mash with back of a fork (or a potato masher). Set aside.
- 2.** Combine avocado, green onion, red onion, celery, oil, lemon juice, mustard, dill, kombu powder (if desired), salt, and pepper in a medium bowl; mix well.
- 3.** Fold avocado mixture into chickpeas; toss gently to blend.

RECIPE NOTES:

- To make kombu powder: Toast kombu in a toaster (or 450° F oven for 3 minutes, or until golden brown), then blend in a food processor, blender, or spice grinder into a fine powder.
- Vegan Tuna Salad can be enjoyed on your bread of choice, or try it in a collard wrap! Make sure you account for the correct containers.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories: 140 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 362 mg Carbohydrates: 16 g Fiber: 5 g Sugars: 3 g Protein: 5 g**

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.