

# UC-VEG

## Umpqua Community Veg Education Group

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# Un-Tuna Salad Sandwich Spread

## Ingredients:

- 1 can chickpeas, rinsed and drained
- 1/2 red onion, finely chopped
- 1 stalk celery, finely chopped
- 1 avocado
- 2 tablespoons Lemon Juice
- 1 teaspoon ground cumin
- 2 tablespoons flaked Dulse
- 1 seeded jalapeño pepper, finely diced
- Black pepper

Run chickpeas in a food processor using steel blade until coarsely chopped, place in mixing bowl. Add onion, celery, jalapeño, Dulse and mix well. Place avocado, lemon juice, cumin and pepper in food processor and process until smooth.

Combine Avocado mixture with chickpea mixture.

Enjoy on a sandwich, as a salad on a corn thin or other healthy option.

\*Vegenaise can be used instead of avocado, I prefer the whole food option of the avocado.