

# Oh, She Glow Chickpea Salad

**Prep Time:** 15 minutes

**Cooking Time:** 0 minutes

**Yields:** 4 servings

**Prep Notes:** none

**Category:** Beans

**Source:** Oh, She Glows Cookbook

## The Ingredients

- 1 (15 oz) can chickpeas or 1.5 cups cooked chickpeas
- ½ cup chopped celery
- 1 tablespoon chopped red onion
- 3 tablespoons dill pickle (1 pickle)
- 1 garlic clove, minced
- ½ teaspoon regular mustard
- 2 tablespoons fresh lemon juice
- ¼ cup toasted sunflower seeds (or pecans or walnuts)
- Salt & pepper to taste



## Directions

- Preheat oven to 325 F and toast sunflower seeds for around 11 minutes
- Mix everything into a bowl, mashing up the chickpeas with a fork, and season to taste with salt and pepper.
- Stuff into a wrap, pita, or serve with crackers or rice cakes.