

Chickpea “tuna” Salad – Sheila Markman

INGREDIENTS

- 1 C dried chickpeas
- 5 C water
- 6” piece of kombu (type of edible seaweed)
- 1 Tbsp veg oil
- 2 Tbsp sweet relish
- ½ med stalk celery, minced
- ¼ med red onion, minced
- ¼ C vegan mayo
- 1 tsp fresh lemon juice
- ½ tsp dried dill
- 1 tsp salt
- Pepper to taste
- Mustard to taste
- 4 vegan sandwich buns
- Lettuce
- Sliced tomato

INSTRUCTIONS

- Add the chickpeas, water, kombu, and oil to the Instant Pot (pressure cooker). Stir ingredients until combined.
- Lock the lid into place. Press the Bean button and cook for default time of 30 minutes.
- Let the pressure release naturally for 10 minutes, then vent via the quick-release. Remove lid.
- Transfer the chickpeas to a large bowl and mash. (Alternatively, you can use a can of chickpeas after being drained and rinsed. Mash with a fork)
- Add remaining ingredients and stir well.
- Refrigerate for 1-2 hours.
- Make sandwiches!!