

## Chick Pea Smash (Salad)

(This recipe is featured on the DVD.)

Everyone loves it!! It's almost silly to write all this down because you already know how to make it! Have you ever made tuna salad before?? Well then, you're an old pro. Just use the chick peas/garbanzos in place of the tuna, it's that easy.

### Approximate measures:

(I do NOT measure well, these are GUIDES only. Believe me, you can't go wrong here!!)

**1 or 2 cans rinsed and drained chick peas (also called garbanzo beans)**  
**3 to 6 stalks celery washed and trimmed**  
**3 to 6 green onions, ends cut off**  
**Pickle relish**  
**Vegenaise or Nayonaise or mayonnaise etc... I like Vegenaise the best!**

(Look in the refrigerated section of a "healthy" grocer)

### Optional Ingredients:

**Fresh dill or cilantro or basil or flat leaf parsley**  
**Red pepper cored out- diced small**  
**Grated carrots**  
**Small jar pimentos**  
**Green or black olives- chopped**  
**Salt and pepper-to taste**  
**Couple dollops of yellow mustard or maybe try a heartier brown or Grain mustard?**

Pulse the chickpeas in your processor to the desired consistency. Be careful not to let the machine run or you'll have chickpea puree! (*The start of a lovely hummus!*) Yes I have smashed the beans with a plain old fork and it works great that way too.

Pour those little smashed beans into a medium-mixing bowl or Tupperware (less dishes to wash) Into the food processor add your celery and onions. Pulse until small but again watch closely. You can also chop these by hand for a nicer finished salad or try the slicing blade of your machine. *Try everything else before hand chop is my motto!*

Then you just add the relish and "mayo" to your liking. Stir and slather on some hearty bread with a big slice of red tomato and be happy! My husband prefers to use big stalks of celery to gobble this up and it looks much prettier with the carrot and red pepper!