

Chickpea Sea Salad

Featuring Furikake

Seaweed elevates the nutrition profile and adds a familiar umami flavor reminiscent of classic tuna salad. Use this plant-based salad to fill seaweed sheets, sandwiches, or lettuce cups, or serve on top of a bed of leafy greens.

Ingredients:

- 2 stalks canned hearts of palm, drained, chopped into 1/2 inch pieces
- 1 (14-ounce) can jackfruit, drained
- 1 cup canned chickpeas, drained
- 2 stalks celery, finely chopped
- 1 teaspoon fresh dill, chopped
- 1 tablespoon plant-based sour cream
- 1 teaspoon sriracha hot chili sauce
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- 1 1/2 teaspoons low-sodium Old Bay seasoning
- 1 tablespoon furikake seasoning

Instructions:

- 1 Add chopped hearts of palm to a medium bowl. Mash them with a fork or pull them apart with your fingers until stringy.
- 2 Add the jackfruit and chickpeas to a food processor or blender and pulse 4-5 times until mixture is finely chopped.
- 3 Add the jackfruit, chickpeas, celery, dill, sour cream, sriracha, lemon juice, Dijon mustard, Old Bay seasoning, and furikake seasoning to the bowl with hearts of palm.
- 4 Gently mix everything together with a fork until combined.
- 5 Serve as desired over lettuce, crackers, nori sheets, or bread.

Makes 4 servings

Prep Time: 10 min.

Cook Time: 0 min.

Total Time: 10 min.

Recipe Author

Rhyan Geiger, RDN

is a vegan dietitian and two-time cookbook author focused on teaching people how to easily incorporate more plant-based foods into their diets.

Notes:

- 1 If using a food processor or blender, do not process the hearts of palm with the jackfruit and chickpeas. The hearts of palm are much more delicate and will turn to a pulp before the other ingredients are shredded.
- 2 If not using a food processor or blender, pull apart the jackfruit with your fingers and mash the chickpeas with a fork or potato masher.

Nutritional information (per serving):

168 calories, 4 g saturated fat, 2 g fat, 294 mg sodium, 31 g carbohydrate, 0 mg cholesterol, 8 g total sugar, 5 g fiber, 5 g protein



Watch the recipe video here:
bit.ly/3Oj3sE2