**Vegan Chickpea Salad**

This chickpea salad is a vegan take on tuna salad. It is high in protein and has a creamy texture. It is the epitome of comfort food because it is filling and satisfying. Try this on sandwiches, with whole grain crackers, or as a salad topper.

**Ingredients:**

- 1 can Chickpeas, drained and rinsed
- 1/4 cup Celery, finely chopped (About 2 medium stalks)
- 1/4 cup Carrot, finely chopped (About 1 large carrot)
- 1 T. Shallot, minced
- 1 T. Salt and fresh ground black pepper
- 3 T. Fresh tarragon, finely chopped
- 1 T. Fresh parsley, finely chopped
- 1/4 cup Plain hummus
- 1 t. Mustard, preferably Dijon
- 1/2 t. Paprika
- 1/2 t. Ground black pepper
- 1 Lemon, juiced

**Dressing ingredients**

- 1/4 cup Mustard, preferably Dijon
- 1/2 t. Paprika
- 1/2 t. Ground black pepper
- 1 Lemon, juiced

**Directions:**

1. To make “tuna salad”: add chickpeas into a large bowl and mash until about 90% of beans are mashed. Add in celery, carrot, shallot, tarragon, and parsley.
2. To make dressing: in a small bowl, whisk hummus, mustard, paprika, ground black pepper, and lemon juice.
3. Add the dressing to the “tuna salad” and mix.
4. Serve on your favorite whole grain bread, pita, crackers, or on top of a salad.

**Strawberry, Lime, and Mint Popsicles**

Simple and refreshing, this no sugar added dessert is perfect for summer. This makes 6 popsicles.

**Ingredients:**

- 16 oz. Strawberries, hulled (about 15 large strawberries)
- 1 handful Fresh mint leaves
- 1 Lime, zested and juiced

**Directions:**

1. Combine strawberries and mint into a blender and blend. Squeeze lime and add lime zest.
2. Pour into popsicle molds and freeze for 4-6 hours.