

Smashed Chickpea Salad with Pecans and Grapes

Ingredients

- 1/4 C (35g) Raw Pecans
- 1 1/2 C (230g) Cooked Chickpeas one can, drained and rinsed
- 4 Tbs Mayonnaise I use Just Mayo
- 1/4 + 1/8 tsp Fine Sea Salt
- 1/2 Lemon zested and juiced
- 2 Tbs Red Onion chopped fine
- 1/4 C (18g) Celery chopped fine
- 1/3 C (60g) Red Grapes quartered
- 1 tsp Chives chopped fine
- 1 1/2 Tbs Fresh Curly Parsley chopped fine
- Fresh Ground Black Pepper

Instructions

1. Preheat oven to 325F (162C).* Place the pecans in a small pan and toast for 15 minutes. They will be fragrant and slightly darker in color when done. Set aside to cool, then chop into small pieces. (*Or you can dry toast the pecans in a pan on low heat on the stove top for a few minutes. Just keep an eye on them because they can burn quick!).
2. In a medium mixing bowl, add the chickpeas, mayonnaise, salt and pepper, lemon zest and juice. Smash with a potato masher just until creamy with some whole peas left. Fold in the red onion, celery, grapes, chives and parsley. Generously add fresh ground pepper then taste for seasoning adjustment.
3. Rest salad in the refrigerator for at least an hour if you can, then assemble as a dip, on a sandwich, tea sandwiches, or simply on a bed of lettuce.