

Vegan Chickpea “Tuna” Salad (No Seaweed)

Yield: 2–3 generous servings

Time: 10 minutes

Style: Classic deli, comforting, familiar

Ingredients

- 1 (15-oz) can chickpeas, drained and rinsed
- $\frac{1}{3}$ cup vegan mayo (Vegenaise or similar)
- 1–2 Tbsp lemon juice (to taste)
- 1–2 Tbsp pickle juice or caper brine
- $\frac{1}{2}$ cup finely chopped celery
- 2 Tbsp finely minced red onion or shallot
- $\frac{1}{2}$ tsp salt, or to taste
- $\frac{1}{4}$ tsp black pepper

Optional (subtle, not fishy):

1 tsp white miso (adds savory depth, not sea flavor)

Instructions

1. Mash the chickpeas in a bowl with a fork until broken down but still chunky (think tuna texture, not hummus).
2. Add vegan mayo, lemon juice, and pickle or caper brine. Stir gently.
3. Fold in celery and onion.
4. Season with salt and pepper.
5. Taste and adjust — more lemon for brightness, more brine for salinity, more mayo for richness.
6. Chill 10–15 minutes if you have time (optional but excellent).

Serving Ideas

On toasted sourdough

In a wrap or pita

Over greens

With crackers and sliced cucumbers

Flavor Note

This vegan “tuna” skips seaweed. The familiar flavor comes from acid, brine, and classic deli aromatics — comforting and balanced, not fishy.