

Buffalo Chickpea Salad

Lunch/Dinner



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Makes: Approx 3-4 servings

Ingredients:

- 1 ½ cup canned chickpeas drained and rinsed (1 can)
- 2-3 tbsp buffalo sauce
- 2-3 tbsp mayonnaise (you can use a vegan mayo if you prefer)
- 2 ribs of celery
- 1 Avocado
- 2 green onions or 2 tbsp chopped chives
- Salt and Pepper to taste
- Greens of your choice: Spinach, Romaine, Arugula. (I prefer a crunchy lettuce for this recipe.
 - Other optional additions: sprouts, shredded carrots, radishes, cauliflower

Directions:

1. Assemble ingredients, rinse and drain beans, break down celery into a small dice, chop green onions or chives, clean lettuce.
2. Grab a mixing bowl and add rinsed beans, mayo and buffalo sauce, take your hand, the back of a fork, or even a pastry blender and smash the chickpeas until they are breaking down but not close to hummus. We want bits of texture mixed in with smashed chickpeas.
3. Add your chopped celery, green onions/chives and any other additions you prefer.
4. Grab your greens and either a wrap, or extra greens to make a salad.
5. If you are making a wrap, lay out your tortilla, cover with lettuce/greens. Slice your avocado and layer the slices over the lettuce, and top with buffalo chickpea salad. Wrap however you prefer to serve.
6. If making a salad, add your greens/lettuce to a bowl, score your avocado in the shell and scoop out onto salad base. Add more veggies like radishes and carrots, and a portion of the chickpea salad and enjoy!