

# Reckless In The Kitchen

## **The Tuna Salad Alternative**

slightly adapted from [LaurenConrad.com](http://LaurenConrad.com)

Ingredients:

- 1 can of chickpeas (15 oz), drained and rinsed
- 1 celery stalk
- 1 1/2 TBSP rice wine vinegar
- 1/4 cup fat-free Greek yogurt
- 1 Tbsp mustard
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp paprika
- 1/4 tsp cumin

Optional Additions:

- Handful of nuts of your choice, roughly chopped
- Handful of raisins or dried cranberries, roughly chopped
- 2 TBSP pickles, roughly chopped

Directions:

Roughly chop the chickpeas, celery, and optional additions. Combine all ingredients in a bowl and mix together. Serve on toasted bread, your favorite crackers, or on top of a salad.