

Not Quite Tuna

15.5-ounce can garbanzo beans, drained and mashed

2 tablespoons plant-based mayonnaise

2 teaspoons spicy brown mustard

1 tablespoon sweet pickle relish

2 green onions, chopped

Salt to taste

1. In a medium bowl (I do mine in the blender or food processor), combine garbanzo beans, mayonnaise, mustard, and salt.
2. Mix well until beans are mashed. You may have to add more mayonnaise to your liking.
3. Add relish and chopped onions, mix.
4. Tastes great as a sandwich on whole wheat bread or on a plate of lettuce.

Mae Gober

Hummus

15.5-ounce can garbanzo beans, drained (save juice if want to use it in place of water)

1-2 tablespoons lemon juice

2 tablespoons tahini

1/2 teaspoon garlic powder or 1 clove fresh garlic

1/2 teaspoon salt (scant)

1/3rd cup water or garbanzo liquid

1. Blend all ingredients until smooth adding a little water or bean juice if too thick. Home cooked garbanzos may be used, adjusting salt to taste according to the salt in garbanzos.
2. Serve with pita bread, pita chips, raw veggies or use on a sandwich or as a wrap filling.
3. Makes 1 1/2 cups

Mae Gober

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