

# Dennis' fav faux tuna recipe



We like this faux tuna spread on toasted, whole grain bread (with yellow mustard) or in lettuce wraps. My husband loves this new version of an old favorite.

**2 Cups dry garbanzo beans**, cook ~50 minutes in pressure cooker OR **3 – 15 oz.** cans, reduced salt garbanzo beans (drain and rinse)

**½ Cup** plain, unsweetened soy yogurt (I make my own, but you can use unsweetened, plain almond milk yogurt or use vegan mayo — the mayo option adds oil)

**1 Tablespoon** brown mustard (e.g., Dijon or other)

**1** red onion, finely minced

**1** large dill pickle, finely minced + **1 Tablespoon** pickle juice

**2** stalks celery, finely minced

**1 -2 Tablespoons** finely grated carrot

**1-2 teaspoons** dried seaweed (e.g., Nori Komi rice seasoning or traditional Nori sheets crumbled)

**1 Tablespoon** parsley (fresh or dried)

**Fresh ground pepper and garlic powder to taste. If you use honey, you can add 2 tsp of honey.**

**Bread** (preferably whole wheat) **or Lettuce** for lettuce wraps

### **Assembly**

Add drained/rinsed garbanzos into a bowl. Mash garbanzos with potato masher until the consistency of tuna. Add remaining ingredients and mix well. For moister “tuna” add either more yogurt, mustard or pickle juice. For a stronger “taste of the sea”, add more seaweed.

If you have a food processor, use that instead to mash the ingredients. I usually give it about 6-8 revs to reach a smooth but chunky consistency.

Ready to eat immediately but store covered in refrigerator.

Serve on toasted whole grain bread, sourdough or as lettuce wraps.

Enjoy!