

Chickpea Salad Cups

Prep Time
10 minutes

Makes
2–3 servings



Ingredients

- 1 can chickpeas, drained and mashed (15 ounces)
- 1 rib celery, diced
- $\frac{1}{2}$ small red onion, diced
- 2 tablespoons mayo
- 1 teaspoon celery seed
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 bell peppers or 8 small bell peppers, for stuffing

Directions

1. Mash chickpeas with a fork or potato masher.
2. Add celery, red onion, seasonings, and mayo.
3. Mix well.
4. Cut off the tops of small bell peppers or cut a full size pepper into fourths.
5. Stuff with chickpea salad.