

ONE BITE

VEGAN MAGAZINE

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Vegan Summer Picnic Recipes

Summer's finally here so get your picnic baskets and blankets ready! If you need some inspiration for what to pack in your picnic basket then look no further. Our talented bunch of vegan food blogging contributors have rustled up a tasty assortment of recipes that are perfect for eating al fresco!

Chickpea salad (Vegan, Gluten-Free, Oil-Free)

By Dreena Burton

When I make this Chickpea Salad, I serve it as bowl food. Straight up in a big bowl of greens with other veg and the chickpea salad right on top!

Sometimes a drizzle of a [tangy vinaigrette](#), other times, just as is. When the weather is hot, this is a lighter way to eat the salad. In colder months, you may prefer it in a sandwich, wrap, or even with grains in a bowl.

Enjoy, and please share how you like to dig into this Chickpea Salad!

Chickpea Salad

This recipe is reminiscent of tuna salad - but much healthier AND tastier!





Ingredients

- 3-4 teaspoons tahini (see note)
- 2 teaspoons plain nondairy milk
- 2 teaspoons freshly squeezed lemon juice
- 1 - 1 1/2 teaspoons red wine vinegar to taste
- 1 teaspoon tamari
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon kelp granules
- 1/2 teaspoon pure maple syrup
- 1-2 pinches sea salt to taste

Chickpea salad (Vegan, Gluten-Free, Oil-Free)

- 1 cup chickpeas rinsed and drained
- 1/4 cup diced apple
- 2-4 tablespoons diced green or red bell pepper
- 2-3 tablespoons diced celery optional; see note
- 2 teaspoons capers optional; see note
- Sprinkle chopped fresh parsley optional

Instructions

1. In a bowl, whisk together the tahini, milk, lemon juice, red wine vinegar, tamari, mustard, kelp granules, maple syrup, and sea salt. Mash the chickpeas slightly with a fork or bottom of a measuring cup. Add to the tahini mixture along with the apple, bell pepper, celery, capers, and parsley, and mix together. Serve between slices of whole-grain bread, rolled in a tortilla, as a green wrap (using large leaves of romaine lettuce or collards), or served as bowl food with greens or whole grains.

Recipe Notes

Tahini Note: A little tahini goes a long way. For a creamier mix use the full 4 teaspoons, but for a little lighter salad, use 3.

Seasonings Note: You may want to omit the celery and capers for your kiddos. Be sure to include the apple; it's delightful with the savory ingredients! Raisins are also a great addition.



About the author...

Dreena Burton has been vegan for over 20 years, in that time writing five bestselling cookbooks charting her journey as a plant-powered cook and at-home mom of three. Passionate about health, she creates recipes using whole foods and minimally processed ingredients. Dreena is one of the pioneering vegan cookbook authors, with a loyal following and reputation for reliable, wholesome recipes. [Check out her website.](#)

