



Chicken-less Salad

Makes about 1 ½ cups

Prep Time: 15 minutes

Cook Time: None

Tags: Vegan, Gluten-Free, Everyday Recipes

Here is a simple and nostalgic recipe for an old lunchbox classic. Longève Original Plant-Based Protein Crumbles fills in nicely for chicken here, packing in the protein, and coming together with vegetables and seasoning to create the quintessential sandwich filler or salad topper. This is a basic recipe, so feel free to get creative! Try adding toasted walnuts, diced apples and grapes for a Waldorf-style chicken-less salad, or curry powder, cilantro and toasted almonds and raisins for a delicious curried chicken-less salad.

Ingredients:

1 cup Longève Original Crumbles	1 teaspoon lemon juice
½ teaspoon vegetable bouillon powder	1 teaspoon Dijon mustard
1 stalk celery, diced small (about 1/3 cup)	1/3 cup vegan mayonnaise
1 small carrot, shredded (about 1/3 cup)	¼ teaspoon fine sea salt
1 tablespoon minced parsley (optional)	1/8 teaspoon black pepper
½ teaspoon minced tarragon or ¼ teaspoon dried (optional)	

Method:

- Combine crumbles, vegetable bouillon powder and ½ cup hot water in a mixing bowl and stir well to combine. Let stand for 5 minutes for crumbles to rehydrate.
- Add remaining ingredients and mix thoroughly, adding more or less mayonnaise to your taste.
- If a more dense, bound mixture is preferred, you can pulse the rehydrated crumbles briefly in a food processor before folding in the remaining ingredients.