

CHICKPEA SALAD SANDWICH



READY IN **10 MIN**

4 SERVINGS

Chickpea salad is a great tuna salad substitute. It is loaded with dietary fiber, plant protein, complex carbohydrates, vitamins and minerals. This flavorful salad can be used in a sandwich or on a bed of greens.

DIRECTIONS

1. Drain and rinse chickpeas. Place chickpeas in a bowl, mash with a fork, leaving only a few beans whole for texture.
2. Add tahini, mustard, maple syrup, red onion, celery and pickle. Mix all together and season with salt and pepper to taste.
3. Toast bread if desired.
4. Scoop a healthy amount of the chickpea salad (about $\frac{1}{2}$ a cup) onto a slice of bread, add desired toppings and the second piece of bread.

INGREDIENTS

- 1 can chickpeas (15.5-ounce)
- 2 tablespoons tahini
- 1 tablespoon spicy mustard
- 1 tablespoon maple syrup
- $\frac{1}{4}$ cup diced red onion
- $\frac{1}{4}$ cup finely chopped celery
- $\frac{1}{4}$ cup diced pickle slices
- sea salt and pepper to taste
- 2 slices of whole grain bread

NOTES

Topping ideas: sliced tomatoes, sliced onion, leafy greens, 1 tablespoon raw seeds, and broccoli seeds. Refrigerate in an air-tight container for up to five days

