



# Herbed Chickpea Salad Sandwich

### INGREDIENTS

- 1 batch Vegan Chickpea Salad (see below)
- 4 slices whole-grain bread or bagels (or wraps or gluten-free bread or wraps)
- 1 tbsp Maille Mustard
- 2 large lettuce leaves (red leaf, green leaf, or romaine)
- 1 Turkish cucumber, thinly sliced
- 1 carrot, thinly sliced (use a vegetable peeler)
- 4 radishes, thinly sliced
- 1 avocado, sliced
- Big handful sprouts (alfalfa, sunflower, or daikon)

### For the Vegan Chickpea Salad

- 1 can chickpeas, rinsed and drained
- 1/4 cup chopped Italian parsley
- 1/4 cup chopped dill (or sub 1/8 cup fresh tarragon)
- 2 tbsp whole grain mustard
- 1 - 2 tbsp vegan mayo (or regular, store-bought, sub 2 - 3 tsp olive oil)
- Generous pinch salt and pepper



### PREPARATION

- Make the chickpea salad, placing all ingredients in a medium bowl, mix and smash with a fork until well combined. Taste and adjust salt and pepper to your liking.
- Assemble the sandwiches. Spread a little whole grain mustard on the bread.
- Top with lettuce and a generous amount of the chickpea salad.
- Layer sliced cucumber, carrots, radishes, and avocado.
- Top with a mound of sprouts and bread.
- Cut in half and enjoy!

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