

Chickpea Salad Sandwich

This vegan sandwich is reminiscent of tuna salad sandwiches, but without the tuna!

Chickpeas, aka garbanzo beans, are a rich source of manganese and insoluble fiber which supports intestinal health. They are also a great source of plant based protein!

Makes 2 generous sandwiches

Ingredients:

1 15 oz can of chickpeas, drained and rinsed
½ cup diced celery
½ cup diced onion
½ cup diced red bell pepper
½ Tbs dried dill weed
1 Tbs capers
½ Tbs red wine vinegar
½ Tbs Dijon mustard
3 Tbs Vegenaïse (vegan mayo)*
½ of a small lemon, juiced
Sea salt and pepper

Directions:

1. Mash the chickpeas slightly with a fork, or potato masher.
2. Add in the celery, onion and red bell pepper. Mix together.
3. Add in the remaining ingredients.
4. Season with sea salt and pepper to taste.
5. Mix thoroughly and enjoy on your favorite sandwich bread, wrap or salad greens.

**You can choose to use your own favorite mayonnaise, or substitute half of an avocado instead.*

www.facebook.com/amandaintheraw

www.instagram.com/amandaintheraw

