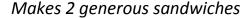
## **Chickpea Salad Sandwich**

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!



## **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 Vegenaise (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.

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<sup>\*</sup>You can choose to use your own favorite mayonnaise, or substitute half of an avocado instead.