

Chickpea Salad Sandwich



Over the years I have adopted almost a completely plant based diet, but am also challenged with finding new and different things as an alternative to my “soup and salad” lunch routine. I had a version of this chickpea salad sandwich several years ago (actually at the memorial celebration of my Dad’s life-the caterer made it for me and the other vegetarian guests) and have adapted it slightly for my own taste. The original recipe I used when I was trying to duplicate it was from the website Minimalist Baker.

Ingredients

- 1 15 ounce can chickpeas rinsed and drained
- 1 Tbsp unsalted Sunflower seeds (optional)
- 3 Tbsp tahini
- 1 tsp Dijon or spicy mustard
- 1 Tbsp maple syrup (or honey or agave)
- 1/4 cup chopped red onion
- 1/4 cup diced celery
- 1/4 cup diced pickle
- 1 Tbsp capers drained and loosely chopped (or not chopped)
- Sea salt and black pepper to taste

1-2 tablespoons chopped Kalamata olives/roasted red pepper (both optional)

Put the chickpeas in bowl and mash with fork but leave a few whole ones (I like mine a little chunky). Add everything else and mix to incorporate, adjust seasoning. this can be served on a bed of greens or is great on toasted rustic bread with sliced avocado, sliced red onion, tomato or lettuce (I like arugula).