



LIVE HEALTHY RECIPE

Chickpea Salad Sandwich

A hearty vegan mashed chickpea salad sandwich, full of protein and fiber, with lots of great texture and flavor.





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PREP TIME: 5 TO 8 MINUTES | COOK TIME: 3 TO 5 MINUTES | YIELD: 6 SERVINGS

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INGREDIENTS:

- (6 cup) Garbanzo
- (1 cup) Celery
- (2 tbsp.) Dill Weed
- (1/4 cup) Lemon Juice
- (2 tbsp.) Mustard, Dijon
- (1/2 cup) Seeds, Sunflower
- (1/4 cup) Red Onion
- (1/2 tsp.) Garlic Powder
- (1 tsp.) Pepper
- (1 tsp) Salt
- (2 ounce) Pickle
- (3/4 cup) Mayo
- (6 each) Bun, Hamburger
- (6 each) Tomatoes
- (6 each) Lettuce

DIRECTIONS:

1. Rough chop the pickles first.
2. Place all ingredients; pickles, garbanzo beans, celery, dill weed, lemon juice, Dijon mustard, sunflower seeds, red onion, garlic powder, salt, and pepper, in a food processor and pulse a few times to roughly chop. Do NOT turn into a puree, leave it chunky. Hold cold for cold. Portion size: 1/2 cup
3. Toast bun if possible and assemble each sandwich with 1/2 cup chickpea salad, 1 slice of tomato and 1 leaf lettuce.
4. Serve immediately or hold cold.

HEALTH BENEFITS OF CHICKPEAS:

Chickpeas (Garbanzo Beans) The name chickpea comes from the Latin word cicer, referring to the plant family of legumes, Fabaceae. It is also known by its popular Spanish-derived name, the garbanzo bean. Kidney beans, black beans, lima beans, and peanuts are other familiar foods found in this legume family.