

CHICKPEA SALAD SANDWICH

INGREDIENTS:

- 1 can chickpeas, drain but save the liquid
- 2 stalks celery - finely chopped
- 3 green onions - thinly sliced
- ¼ c dill pickle - finely chopped
- ¼ c red bell pepper - finely chopped
- 1 clove garlic minced
- 3 tbsp tahini
- 2 tsp mustard
- 1 tbsp fresh or 1.5 tsp dried dill
- 2 tbsp lemon fresh lemon juice
- 2 tbsp of liquid from the canned chickpeas
- salt and pepper to taste
- toppings: spinach, tomato, red onion, and/or avocado
- 2 slices of whole grain bread or a wrap

DIRECTIONS:

1. In a large bowl, mash the drained chickpeas with a potato masher until flakey in texture.
2. Stir in celery, green onions, red peppers, tahini, aquafaba (chickpea liquid), garlic, until combined well.
3. Stir in mustard, dill and season with lemon juice, salt and black pepper - adjusting to taste. Add more aqua faba as desired to get it to the consistency you desire.
4. Make a sandwich using whole grain bread, a wrap, a lettuce wrap - add spinach, tomato, red onion, avocado!





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