

CHICKPEA SALAD SANDWICH★★★★★

COURSE: MAIN COURSE CUISINE: VEGAN

KEYWORD: CHICKPEA SALAD SANDWICH

PREP TIME: 10 MINUTES TOTAL TIME: 10 MINUTES SERVINGS: 4

CALORIES: 192KCAL AUTHOR: MEGAN GILMORE



This Chickpea Salad Sandwich is made with simple ingredients and reminds me of egg salad. (But this one is vegan!)

INGREDIENTS**CHICKPEA SALAD**

- 1 (14.5 oz) can chickpeas , drained and rinsed (about 1 1/2 cups cooked)
- 1 ripe avocado , pitted
- 2 teaspoons spicy brown mustard
- 1 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 1/4 cup diced red onion
- 2 stalks celery , diced
- 1/4 cup diced pickles (optional)
- 2 tablespoons fresh minced dill (optional)

SANDWICH ASSEMBLY

- sliced bread
- sliced red onion
- sliced tomatoes
- sprouts or lettuce

INSTRUCTIONS

1. If using canned chickpeas, rinse and drain them well. Set them aside.
2. In a large bowl, combine the avocado, mustard, lemon juice, and salt. Use a fork to mash it together, until creamy.
3. Add in the chickpeas, red onion, pickles (if using), and celery, then stir well to combine. Stir in the fresh dill, if using, and adjust any seasoning to taste.
4. Serve the chickpea salad right away as a sandwich filling. I like to serve it on whole grain bread with sliced tomatoes, red onion, and sprouts, but you can use any toppings you have on hand. It tastes remarkably like an egg salad sandwich.
5. Leftover chickpea salad can be stored in an airtight container for up to 3 days. It will brown slightly over time, because of the avocado, but it still tastes good!

NOTES

Feel free to stir in any other chopped veggies you like in a salad like this. The pickles and celery remind me of egg or tuna salad, but you can use what you have on hand.

NUTRITION

Calories: 192kcal | Carbohydrates: 23g | Protein: 7g | Fat: 9g | Saturated Fat: 1g | Sodium: 422mg | Potassium: 489mg | Fiber: 9g | Sugar: 4g | Vitamin A: 196IU | Vitamin C: 9mg | Calcium: 48mg | Iron: 2mg

<https://detoxinista.com/chickpea-avocado-egg-salad-vegan-soy-free-nut-free/>