



FOK NO-TUNA CHICKPEA SALAD SANDWICH

Adapted by Melissa from FOK

<https://www.forksoverknives.com/recipes/vegan-no-tuna-salad-sandwich/#gs.RSnygOYD>

FOR THE SALAD:

- 1 (15-ounce) can chickpeas, rinsed and drained
- 3 tablespoons tahini
- 1 teaspoon Dijon or spicy brown mustard
- 1 tablespoon maple syrup or agave nectar
- ¼ cup diced red onion
- ¼ cup diced celery
- ¼ cup diced pickle
- 3-4 tbs pickle juice
- 1 teaspoon capers, drained and loosely chopped (this is optional for me)
- Sea salt and black pepper to taste
- 1 tablespoon roasted unsalted sunflower seeds (optional)

Melissa's additions:

- I add a little pickle juice
- diced red bell pepper (can replace or be in addition to celery)
- turmeric and garlic powder
- I like to use black salt, called kala namak for the salt
- I love to add fresh snipped dill
- I also like to add kelp granules which give it just a little seafood taste
- Broccoli sprouts if you have them, add BIG nutrition (25% more antioxidants than full grown broccoli); I add these to the sandwich, not the chickpea mix

FOR SERVING: (serve with a big green salad or bowl of veggie soup, and fresh fruit)

Toasted sprouted grain bread or 100% Whole wheat toast

brown mustard

Romaine lettuce

Tomato, sliced

Red onion, sliced

Mash the chickpeas in a bowl with a fork, so you can still see some beans. Add all other ingredients and mix well. This is even better after it's been refrigerated a while. You can serve it on crackers as a dip or appetizer too. Everyone loves it!

Will stay in the fridge for 5 days.