

“No-Tuna” Salad Sandwich

In this vegan version of a tuna salad sandwich, the savory chickpea filling gets extra tang from pickles, red onion, and capers. Mayonnaise is replaced by a creamy mixture of tahini and Dijon mustard to deliver crave-worthy flavor while diced celery and pickles give it a tasty crunch. Serve between two slices of your favorite whole wheat bread for a simple yet satisfying meal. The mixture will keep well covered in the refrigerator for 4-5 days, which makes it great for quick, weekday lunches!

From Minimalist Baker’s Everyday Cooking

INGREDIENTS

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
1 teaspoon capers, drained and loosely chopped
Healthy pinch each sea salt and black pepper
1 tablespoon roasted unsalted sunflower seeds (optional)

FOR SERVING:

8 slices whole-wheat bread
Dijon or spicy brown mustard
Romaine lettuce
Tomato, sliced
Red onion, sliced

DIRECTIONS:

- Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
- Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt and pepper, and sunflower seeds (if using) to the mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.
- Toast bread if desired, and prepare any other desired sandwich toppings (such as lettuce, tomato, and onion).
- Scoop a healthy amount of the chickpea mixture (about ½ cup) onto one slice of bread, add desired toppings and top with a second slice of bread. Repeat for additional sandwiches.