



“No-Tuna” Salad Sandwich

10 min, 4 servings

This “no-tuna” salad gets extra tang and flavor from pickles and capers. Serve between two slices of your favorite hearty bread for a simple yet satisfying meal.

Note: Mixture will keep covered in refrigerator for 4-5 days, making it great for quick, weekday lunches.

1. Place the **chickpeas** in a mixing bowl and mash with a fork, leaving only a few **beans** whole.
2. Add **tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt** and **pepper**, and **sunflower seeds** (if using) to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.
3. Toast **bread** if desired, and prepare any other desired sandwich toppings (such as **lettuce, tomato, and onion**).
4. Scoop a healthy amount of the chickpea mixture (about $\frac{1}{2}$ cup) onto one slice of **bread**, add desired toppings and top with second slice of **bread**. Repeat for additional sandwiches.

Suggested adult serving: 1 sandwich.

Nutritional analysis per serving: None

Ingredients

FOR THE SALAD

450 g canned garbanzo beans
drained & rinsed ($\approx 1 \frac{1}{2}$ cups)

3 tablespoons tahini

1 teaspoon Dijon mustard

1 tablespoon pure maple syrup

✓ $\frac{1}{4}$ red onion
diced ($\approx \frac{1}{4}$ cup)

✓ $\frac{1}{2}$ stalk celery
diced ($\approx \frac{1}{4}$ cup)

$\frac{1}{4}$ cup dill pickles
diced

1 teaspoon capers
drained & chopped

sea salt

freshly ground black pepper

1 tablespoon roasted sunflower seeds
(optional)

FOR SERVING

8 slices whole-grain bread

Dijon mustard

romaine lettuce

1 tomato
sliced

✓ $\frac{1}{2}$ red onion
sliced

Recipe Tips

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Tahini: Tahini is a condiment made from toasted ground hulled sesame seeds. You may find it in the international or Kosher aisles, or among the nut butters or salad dressings.

This recipe is from **forksmealplanner.com**

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By Dana Shultz, September 22, 2016

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