

CHICKPEA EGG SALAD SANDWICH by Ashley Madden

Time: 20 minutes

Makes 2 to 3 sandwiches

This chickpea salad sandwich is so easy to mash together, and the addition of black Indian salt gives it an “egg-y” flavor and aroma! You can serve this like a traditional sandwich or in sturdy lettuce leaves for a lighter meal.

INGREDIENTS

1½ cups (255 g) cooked or canned chickpeas, drained and rinsed
½ avocado, peeled and pit removed, more avocado for a creamier consistency
1 tablespoon (15 g) stirred tahini, optional
1 tablespoon (15 g) smooth Dijon mustard
¼ teaspoon ground turmeric
¼ teaspoon kala namek (or sea salt) or to taste
Pinch black pepper plus more to taste
1 tablespoon (15 ml) lemon juice
1 teaspoon vinegar based hot sauce, optional (if you like it a little spicy)
1 small rib celery, finely diced (~¼ cup)
¼ small red onion, finely diced or 2 scallions, thinly sliced (~¼ cup)
1 medium dill pickled, finely diced (~¼ cup)

For serving

Bread of choice (whole grain, sprouted, whole wheat)
Leafy green lettuce, Boston lettuce (whatever is vibrant and fresh)
Optional additions: tomato, cucumber, hot sauce

HOW-TO

In a large bowl, add the chickpeas, avocado, tahini, and Dijon mustard. Mash with a potato masher or a fork until all the chickpeas are broken up. Now mix in the turmeric, kala namek, black pepper and lemon juice. Finally, stir in the celery, onion, and pickle. Taste and reseason with salt and pepper as needed.

Toast your bread (if desired), layer with some crispy, vibrant lettuce and then add a big scoop of your chickpea salad! You can serve this like an open-faced sandwich, a traditional sandwich, or stuffed in sturdy lettuce leaves.

You can keep this chickpea egg salad in the fridge for 2 to 3 days.

NOTES

You can buy kala namak at health food stores and online. It is a special ingredient but it's so worth the effort to pick up a bottle. If you don't have any, just use sea salt instead.

If you want to reduce the total fat in the recipe, you can omit the tahini. You can also half the avocado but the mixture will be a little dry.

I used the gluten-free Amazing Whole Grain Bread from Plant-Based Delicious but you can use any bread that works for you. If bread isn't in your diet, you can serve the chickpea egg salad on baked white or sweet potatoes, in sturdy lettuce leaves, or with some cooked whole grains. s

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