RECIPE

Chickpea Salad Sandwich

Chunky mashed chickpeas bound with Greek yogurt and a spoon of olive oil, crunchy with celery and carrot, piled on whole-wheat bread for an easy no-cook lunch.

MAKES

4 servings US Metric

TOTAL

20 min

Ingredients

- [ ] 3 cups no-salt-added canned chickpeas, drained and rinsed
- [ ] 1 container (6 oz / 170 g) nonfat plain Greek yogurt
- [ ] 2 tbsp olive oil
- [ ] juice of 1 lemon
- [ ] 2 medium stalks celery, finely chopped
- [ ] 1 medium carrot, grated
- [ ] ¼ cup finely chopped onion
- [ ] ½ cup chopped fresh parsley
- [ ] 1 tsp dried oregano
- [ ] ½ tsp smoked or sweet paprika
- [ ] ½ tsp black pepper
- [ ] ⅓ tsp salt
- [ ] 8 slices whole-wheat bread
- [ ] 8 inner romaine leaves

Method

1. Put the chickpeas in a large bowl. Pour the lemon juice and olive oil over them and let them sit 10 minutes while you chop, so the chickpeas take up the lemon.
2. Mash them with a fork or potato masher until about half are broken and the rest are whole. Stop before it turns smooth; it should look chunky, not like hummus.
3. Stir in the yogurt, celery, carrot, onion, parsley, oregano, paprika, pepper and salt until everything is coated.
4. Taste it. If it needs more brightness, it gets more pepper, not more salt; the salt is counted.

- [ ] 8 medium tomato slices

5. Toast the bread if you like. On 4 slices lay 2 romaine leaves and 2 tomato slices, spoon a quarter of the chickpea salad onto each (about ¾ cup), and close each with another slice.

6. Eat right away, or pack the filling and bread apart and put them together at lunch so the bread stays dry. Do not leave the filling out more than 2 hours.