



# Chickpea Salad Sandwich



## Ingredients



Adapted from *A Couple Cooks*

- 15 oz can chickpeas, drained and rinsed
- 1 rib celery
- 3 green onions
- 2 Tbsp. mayonnaise
- 1 Tbsp. lemon juice
- 1 Tbsp. nutritional yeast (optional)
- 1/4 cup greens
- 4 slices whole grain bread
- Salt and pepper, to taste



## Directions



Yield: 2 servings Serving size: 1 sandwich Total cost: \$3.97 Serving cost: \$1.99

1. Drain and rinse chickpeas. In a medium bowl, mash chickpeas with a fork.
2. Cut celery in half lengthwise, then thinly slice. Thinly slice green onions.
3. In the bowl of mashed chickpeas, combine celery, green onions, mayonnaise, lemon juice, and salt and pepper, along with any seasonings you enjoy. Add more mayonnaise if salad is dry.
4. Assemble sandwich with chickpea salad and your greens of choice.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Chickpea Salad Sandwich



## Ingredients



Adapted from *A Couple Cooks*

- 15 oz can chickpeas, drained and rinsed
- 1 rib celery
- 3 green onions
- 2 Tbsp. mayonnaise
- 1 Tbsp. lemon juice
- 1 Tbsp. nutritional yeast (optional)
- 1/4 cup greens
- 4 slices whole grain bread
- Salt and pepper, to taste



## Directions



Yield: 2 servings Serving size: 1 sandwich Total cost: \$3.97 Serving cost: \$1.99

1. Drain and rinse chickpeas. In a medium bowl, mash chickpeas with a fork.
2. Cut celery in half lengthwise, then thinly slice. Thinly slice green onions.
3. In the bowl of mashed chickpeas, combine celery, green onions, mayonnaise, lemon juice, and salt and pepper, along with any seasonings you enjoy. Add more mayonnaise if salad is dry.
4. Assemble sandwich with chickpea salad and your greens of choice.

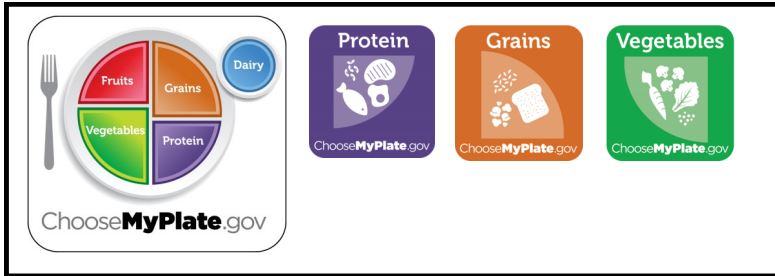
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



## Cooking Tips



- Make this sandwich your own: add nutritional yeast, paprika, mustard, or finely chopped pickles to the salad.
- Replace half or all mayonnaise with Greek yogurt if desired.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 Sandwich</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>570</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2.6g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 900mg	<b>39%</b>
<b>Total Carbohydrate</b> 82g	<b>30%</b>
Dietary Fiber 21g	<b>75%</b>
Total Sugars 13g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 23g	<b>46%</b>
Vitamin D 0mcg	0%
Calcium 611mg	45%
Iron 5.8mg	30%
Potassium 434mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

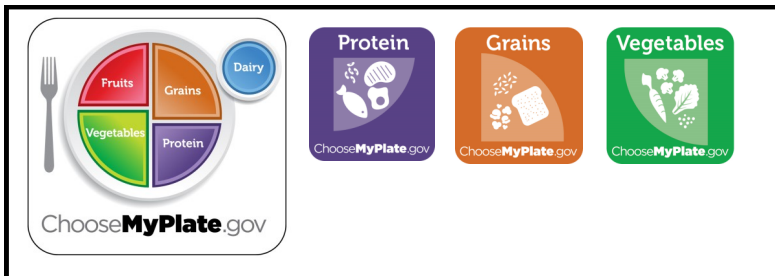
Second Harvest is an equal opportunity provider.



# Fast Facts



## Featured Food Groups



## Cooking Tips



- Make this sandwich your own: add nutritional yeast, paprika, mustard, or finely chopped pickles to the salad.
- Replace half or all mayonnaise with Greek yogurt if desired.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 Sandwich</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>570</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2.6g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 900mg	<b>39%</b>
<b>Total Carbohydrate</b> 82g	<b>30%</b>
Dietary Fiber 21g	<b>75%</b>
Total Sugars 13g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 23g	<b>46%</b>
Vitamin D 0mcg	0%
Calcium 611mg	45%
Iron 5.8mg	30%
Potassium 434mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.