

# Vegan Chickpea Sandwich Filling

1 15-oz can chickpeas, rinsed and drained  
3 Tbsp tahini  
1 tsp Dijon or spicy brown mustard  
1 Tbsp maple syrup or agave nectar  
¼ c diced red onion  
¼ c diced celery  
¼ c diced pickle  
1 tsp capers, drained and loosely chopped  
Healthy pinch each sea salt and black pepper  
1 Tbsp Veganise or other vegan mayo  
1 sheet dry kelp seaweed crushed into small pieces  
1 Tbsp roasted unsalted sunflower seeds (optional)

## For serving:

8 slices whole-wheat bread  
Sandwich toppings (e.g. romaine lettuce, sliced tomato sliced red onion)

## Directions:

1. Place chickpeas in a food processor and pulse until only a few whole beans remain. Alternatively, place in a mixing bowl and mash with a fork. (Leave some texture to the processed chickpeas; do not puree.)
2. Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt and pepper, mayo, kelp, 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.
4. Scoop a healthy amount of the chickpea mixture (about ½ cup) onto one slice of bread, add desired toppings and top with second slice of bread. Repeat for additional sandwiches.