



From the Kitchen of Executive Chef Jessica VanRoo

Chickpea Tuna Finger Sandwich

Ingredients

- 15 ounce can chickpeas drained, or 1 and 1/2 cups cooked chickpeas
- 1/4 cup avocado mayonnaise
- 2 tablespoons red onion, finely chopped
- 2 tablespoons celery, finely chopped
- 1 tablespoon lemon juice
- 1 tablespoon dill pickle, finely chopped
- 1/2 teaspoon garlic powder
- 1 tablespoon nutritional yeast
- 1 tablespoon tamari or soy sauce
- 1/2 tablespoon Dijon mustard
- 1 nori sheet, finely chopped
- Salt and black pepper to taste
- 4 slices of bread or lettuce wraps

Instructions

To make the filling, combine all the ingredients in a food processor and “pulse” and mix until your desired consistency. You can also mash the chickpeas with a fork or potato masher to your desired consistency, stir in the remaining ingredients, taste and adjust to your liking. Serve on bread or lettuce wrap.

*Recipe serves 4. The filling can be refrigerated for 2-3 days.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per	208 g	Total Fat 17g	26%	Total Carbohydrates 28g	9%
1 serving (7.3 oz)		Saturated 2.3g	11%	Dietary Fiber 7g	29%
Calories 301		Trans Fat 0g		Sugars 5g	
From fat 150		Cholesterol 5mg	2%	Protein 11g	21%
<i>HappyForks.com</i>		Sodium 1033mg	43%	Vitamin A 2% • Vitamin C 5%	
		Calcium 9% • Iron 14%			

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.