



SECOND HARVEST  
of SILICON VALLEY

# Hearty Chickpea Salad Sandwich

## Ingredients

1 1/2 cups cooked chickpeas or  
1 15-oz can chickpeas, drained  
1/4 cup mayonnaise  
1/4 cup sunflower seeds  
1/4 cup finely chopped red onion  
1/4 cup finely chopped celery  
1 pack plain seaweed snack (about  
10 pieces), finely chopped, optional  
2 tsp Dijon mustard  
1 Tbsp fresh lemon juice  
1/2 Tbsp maple syrup (optional)  
1/2 tsp garlic powder  
1/2 tsp dried dill  
1/4 tsp salt  
1/2 tsp black pepper  
bread of choice, sliced

**Servings:** 3-4

**Prep time:** 10-15 minutes

**Cook time:** 0 minutes

**Total time:** 10-15 minutes

## Directions

1. Place the chickpeas into a medium-sized bowl and mash them with a fork or potato masher. Lightly mash if you like a chunky bite; mash well if you like it less chunky.
2. Add the mayonnaise, sunflower seeds, red onion, celery, seaweed (if using), mustard, lemon juice, maple syrup (if using), garlic powder, dill, salt, and pepper. Mix well to combine.
3. Taste and adjust the seasonings as needed. Add a bit more mayonnaise if the mixture looks too dry. Top chickpea salad onto sliced bread. Enjoy immediately or after being chilled.