



Chickpea Salad

Recipe By JASMIN QUEEN

SERVES: 2

CHICKPEA SALAD:

- 1 can chickpeas, *rinsed and drained*
- ¼ cup Italian parsley, *chopped*
- ¼ cup fresh dill, *chopped*

- ¼ cup red onion, *chopped*
- 2 tbsp. whole grain mustard
- 2 tbsp. vegan mayonnaise
- pinch salt and pepper

SANDWICH:

- 2 bagels, *middle scooped out and toasted*
- 1 tbsp. Dijon mustard
- 2 large lettuce leaves

- 1 cucumber, *sliced*
- 1 carrot, *sliced*
- 4 radishes, *sliced*
- 1 avocado, *sliced*
- 1 handful alfalfa sprouts

DIRECTIONS:

- 1. Place all of the chickpea salad ingredients in a bowl, mix and smash with a fork until well combined.
- 2. Spread the Dijon mustard on the bagels.
- 3. Top with lettuce and chickpea salad.
- 4. Layer cucumbers, carrots, radishes, and avocado.
- 5. Top with sprouts.
- 6. Cut in half and enjoy!

You can place the chickpea salad in a lettuce wrap instead of a bagel if you would like to save on calories. I like to make this ahead of time and eat it for lunch. It will stay good in the refrigerator for 4-5 days.

Did you make this recipe?

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