



**Makes 4 sandwiches**  
**Ready In: 10 minutes**

**FOR THE SALAD:**

- 1 (15-ounce) can chickpeas, rinsed and drained
- 3 tablespoons tahini
- 1 teaspoon Dijon or spicy brown mustard
- 1 tablespoon maple syrup or agave nectar
- ¼ cup diced red onion
- ¼ cup diced celery
- ¼ cup diced pickle
- 1 teaspoon capers, drained and loosely chopped
- Healthy pinch each sea salt and black pepper
- 1 tablespoon roasted unsalted sunflower seeds (optional)

**FOR SERVING:**

- 8 slices whole-wheat bread
- Dijon or spicy brown mustard
- Romaine lettuce
- Tomato, sliced
- Red onion, sliced

## "No-Tuna" Salad Sandwich

In this vegan version of a tuna salad sandwich, the tuna salad gets extra tang and flavor from pickles and capers. Serve between two slices of your favorite hearty bread for a simple yet satisfying meal.

Note: Mixture will keep covered in refrigerator for 4-5 days, making it great for quick, weekday lunches.

From [Minimalist Baker's Everyday Cooking](#)

By Dana Shultz

- 1** Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
- 2** Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt and pepper, 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 (such as lettuce, tomato, and onion).
- 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.