



Bistro Chickpea Salad Sandwich

Source: Idaho Grown Legumes Cookbook

Servings

6

Ingredients

3/4 cup Celery, *chopped*

1/3 cup Green peppers, *chopped*

1/3 cup Green onions, *chopped*

1 1/2 cups Dried chickpeas

1/3 cup Mayonnaise, *reduced calorie*

1 Tbsp Sweet pickle relish

1/2 Tbsp Dijon Mustard

12 slices Whole grain-rich bread

1/4 lb Spinach



Preparation

1. Cook dried chickpeas: One cup of dried chickpeas in equivalent to two cups (11.6 oz.) cooked chickpeas. First, soak dry chickpeas using one of two methods: A) Overnight soak: cover pot of water and beans. Place in the refrigerator and soak overnight. B) Quick soak: Bring beans to a boil. Reduce heat and simmer for 2-3 minutes. Remove from heat and cover the pot to allow the beans to soak for 1 hour until the beans expand to two to three times their dry size. Second, add soaked chickpeas to water (1 cup chickpeas per 3 cups water). Bring to boil and simmer for 45-60 minutes, or until tender. When chickpeas can be mashed by a fork, they are done. Drain.
2. Chop celery, green peppers, and green onions.
3. In a bowl or mixer, add mayonnaise, relish, and mustard. Stir in celery, green peppers, green onions, and chickpeas. Mix well.
4. Assemble sandwiches by placing 3/4 cup chickpea mixture onto slice of bread, top with 1/4 cup spinach and add second slice of bread. Serve chilled.

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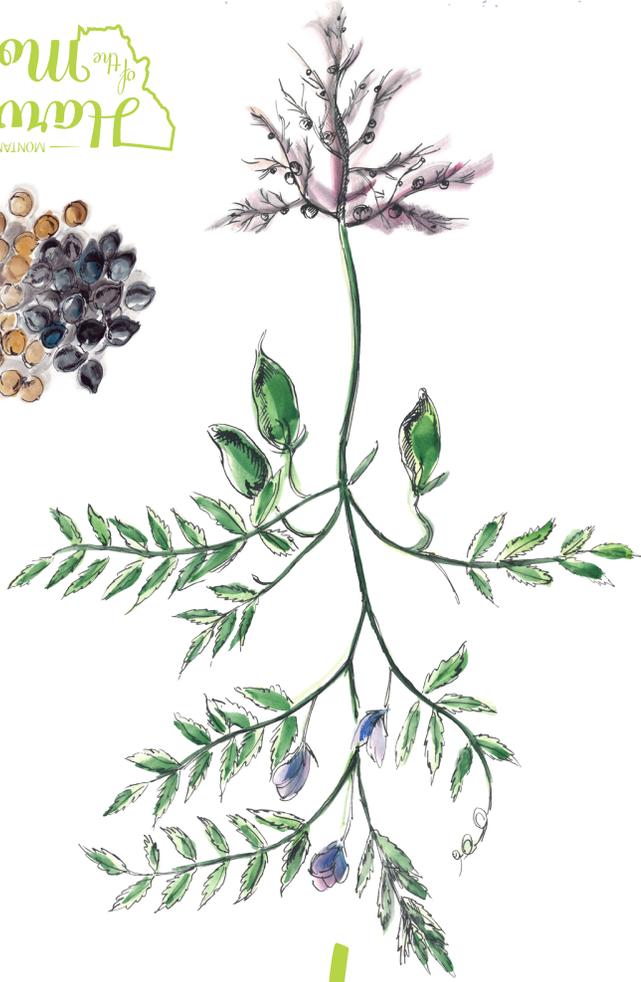
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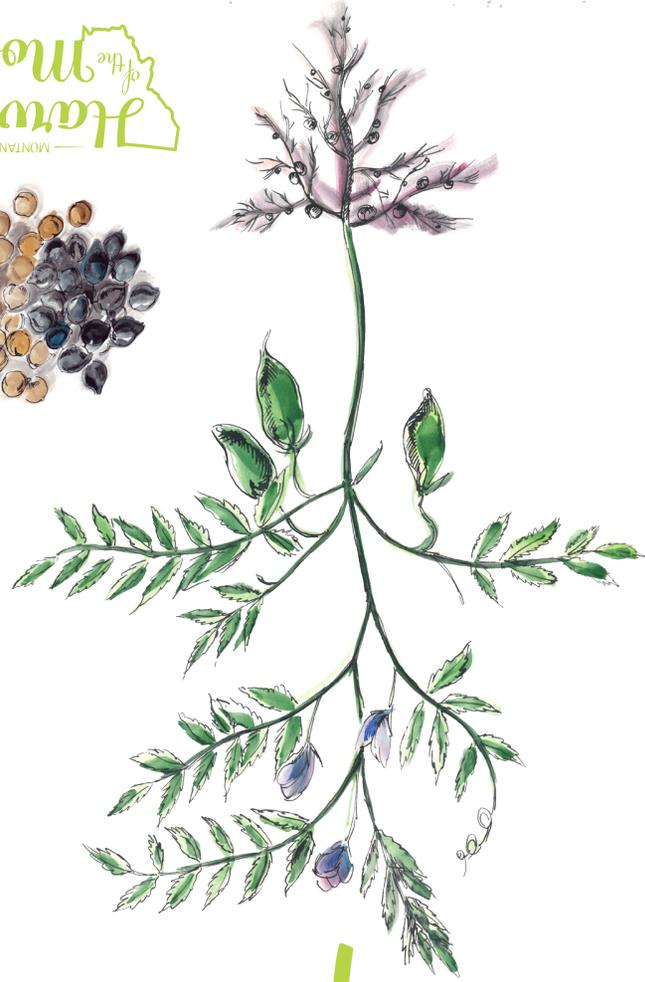


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Chickpeas

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