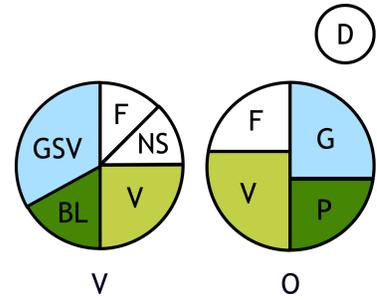


MAKE AT HOME

Lemony Dill Chickpea Salad Sandwiches



From Dirty Gourmet Plant Power: Food for Your Outdoor Adventures by Aimee Trudeau, Emily Nelson, and Mai-Yan Kwan

Makes 4 sandwiches

No-cook recipe

- 1/4 cup plant-based mayonnaise
- 1 Tbsp fresh lemon juice
- 1 Tbsp dill pickle relish or chopped dill pickles
- 1 tsp whole-grain mustard
- 1 tsp dry dill or 1 Tbsp chopped fresh dill
- 1/2 tsp pepper
- 1 can chickpeas, drained and rinsed (1.5 cups)
- Salt
- 8 slices bread
- Lettuce, pickle slices, and/or onion slices

At Home

In a medium bowl, mix the mayo, lemon juice, mustard, dill, and pepper until well combined.



Add the chickpeas and mash well with a potato masher. Season to taste with salt. Put in food storage container and place in pack cooler along with the pickles, lettuce and onion slices (if using). While plant-based mayo doesn't go bad as quickly as egg mayo, it can't be stored at room temperature indefinitely. Pack the bread in the food tub.

At Camp

Spread 1/4 of the mix onto a piece of bread. Top with crunch lettuce, pickles, and/or fresh onion, followed by a second slice of bread.



