

INGREDIENTS

Sandwich:

- 1 15-oz can chickpeas (garbanzo beans)
- 3 Tbsp Greek yogurt or mayo
- 1 tsp mustard
- 1 Tbsp maple syrup
- 1/4 cup chopped celery
- 1/4 cup chopped pickles
- Salt and pepper to taste
- Whole wheat bread

Side salad:

- 1 15-oz can black beans, drained, rinsed
- 1 13-oz can corn or 1 jar corn relish
- 1/2 cup canned kidney beans
- 1/2 cup quartered cherry tomatoes
- 1/2 cup chopped celery
- 1/4 cup chopped orange bell pepper
- Chopped red onion, if desired
- 2 tsp minced fresh parsley
- Salt and pepper to taste
- Olive oil and vinegar or dressing of choice

INSTRUCTIONS

Sandwich:

1. Place chickpeas in mixing bowl and mash with fork, leaving a few whole.
2. Add Greek yogurt, mustard, syrup, celery, pickles, onion, parsley, salt and pepper and mix well.
3. Prepare sandwiches. Top with lettuce or spinach leaves and enjoy!

Side salad:

1. Combine all ingredients in large bowl.
2. Lightly salt and pepper to taste. Add dressing and toss.
3. Cover and refrigerate until ready to serve.



Photo: Victoria Henrickson

“NO TUNA” SANDWICHES WITH COLORFUL CORN & BEAN SALAD

Adapted from www.WICmomstrong.com

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2-4 servings



5-10 minutes



Enjoy this easy-to-make, no bake/cooking vegetarian lunch option that both kids and adults can put together with ease in a matter of minutes. It's a healthy and inexpensive alternative to tuna sandwiches and loaded with nutrition.

The Benefits:

A diet that is heavy in vegetables has many benefits including maintaining healthy blood pressure, heart health and overall weight.

Many are intimidated by the cost of a plant-heavy diet. This meal calculated to be \$13 for all ingredients or \$3.25 per serving. Many ingredients (yogurt, bread, condiments, leftover vegetables) can be used in other meals.