

Flavors of Rochester at the Market

Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,
Friends of the Rochester Public Market, and Democrat and Chronicle
Saturdays, May through September 10 a.m. to 12 p.m.*

www.cityofrochester.gov/marketflavors
roc.democratandchronicle.com/section/flavors

Guest Chefs for May 9, 2015: **Rochester Area Vegan Society**
www.rochesterveg.org

RECIPE: Chickpea Salad Sammiches

Makes enough for 4 sandwiches; Total time: 10 minutes

You can really dress this up or down. This is the recipe at its most basic. Add some dried seaweed for a more fishy taste. Add some chopped sunflower seeds for more bite. A curried chickpea salad? Sure! Add a tablespoon of curry powder and some red grape halves. You can accomplish this recipe in a food processor if you prefer it to a cutting board.

- 1 ½ cups cooked chickpeas (a 15 oz can rinsed and drained)
- ¼ cup vegan mayo, [homemade](#) or storebought
(see web address below for mayo recipe)
- 1 medium carrot, peeled and very finely chopped
- 1 stalk celery, finely chopped
- 2 tablespoons onion flakes
- Salt and pepper to taste

For the sammiches:

- Sliced tomatoes
- Romaine lettuce
- Whole wheat bread
- Extra mayo for a'spreadin'

In a mixing bowl, use an avocado masher or a strong fork to mash the chickpeas well. (Do NOT puree. This isn't hummus.) They should retain some of their texture and not appear pureed. A few whole ones left are ok. Mix in the mayo and give a few more mashes. Mix in the carrot, celery and onion flakes. Add salt and pepper to taste. Assemble into sandwiches, toasted or not, and serve sliced in half.

Article printed from Post Punk Kitchen – Vegan Recipes & Awesomeness: www.theppk.com
For homemade grapeseed mayonnaise recipe:
<http://www.theppk.com/2013/07/homemadegrapeseedmayonnaise/>