

# Chickpea Salad Sandwich

By [Kay Chun](#)



David Malosh for The New York Times. Food Stylist: Simon Andrews.

**Time** 10 minutes

**Level**

**Rating** 4 ★★★★★ (1743)

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## INGREDIENTS

**Yield:** 4 servings

6 tablespoons extra-virgin olive oil

6 tablespoons tahini

3 tablespoons fresh lemon juice

½ teaspoon grated garlic

Kosher salt and pepper

## PREPARATION

### Step 1

In a large bowl, combine oil, tahini, lemon juice and garlic. Season with salt and pepper, then whisk until well combined. Add chickpeas and mash with the back of a fork or spoon until chunky. Add celery, scallions and cheese, and mix well. Season with salt and pepper.

### Step 2

2 (15-ounce) cans chickpeas,  
rinsed and drained  
½ cup finely chopped celery  
½ cup finely chopped scallions  
½ cup freshly grated  
Parmigiano-Reggiano  
8 slices multigrain sandwich  
bread  
Mayonnaise, as needed  
8 butter lettuce leaves  
1 (packed) cup alfalfa sprouts  
1 avocado, thinly sliced  
1 large tomato, thinly sliced

Spread one side of each bread slice with  
mayonnaise. On 4 slices of bread, divide lettuce,  
alfalfa and avocado, then top with some of the  
chickpea salad and tomatoes. Close sandwiches and  
serve. (Sandwiches may sit at room temperature for  
1 to 2 hours before serving.)

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