



Curry Chickpea Salad Sandwich

Emily Goncz & Morgan Campbell

Adapted by Chef Amy Symington

Preparation Time: 15 minutes

Cooking Time: 40 minutes

- Preheat oven to 375°F (190°C).
- Equipment: Food processor, baking sheet, parchment paper

Ingredients

6 servings

1 (50 g) head of garlic
2 tbsp (30 ml) grapeseed oil, divided
1½ cups (215 g) sweet potato, cut into 1/2 inch cubes
1 tbsp (7 g) curry powder
1½ tsp (4 g) ground coriander
1½ tsp (3 g) ground cumin
1½ tsp (3 g) paprika
1½ tsp (3 g) turmeric, ground
3 cups (500 g) unsalted canned chickpeas, drained and rinsed
1 stalk (60 g) celery, diced
¼ cup (60 ml) tahini
1½ tbsp (6 g) nutritional yeast
¾ cup (60 g) thinly sliced green onion
1½ tsp lemon zest
2 tbsp (30 ml) fresh lemon juice
1/8 bunch (3 g) parsley, finely chopped
½ cup (125 ml) vegan mayo
1 tsp (5 g) sea salt
¼ tsp black pepper

For sandwiches:

12 slices bread, multigrain
1 beefsteak tomato, thinly sliced
½ head boston lettuce

Directions

24 servings

4 (200 g) heads of garlic
½ cup (125 ml) grapeseed oil, divided
6 cups (770 g) sweet potato, cut into 1/2 inch cubes
¼ cup (25 g) curry powder
2 tbsp (10 g) ground coriander
2 tbsp (10 g) ground cumin
2 tbsp (15 g) paprika
2 tbsp (10 g) turmeric, ground
12 cups (1.74 kg) unsalted canned chickpeas, drained and rinsed
4 stalks (250 g) celery, diced
1 cup (250 ml) tahini
6 tbsp (20 g) nutritional yeast
3 cups (160 g) thinly sliced green onion
2 tbsp (7 g) lemon zest
½ cup (125 ml) fresh lemon juice
½ bunch (12 g) parsley, finely chopped
1 cup (250 ml) vegan mayo
4 tsp (20 g) salt
1 tsp black pepper

For sandwiches:

48 slices bread, multigrain
4 beefsteak tomatoes, thinly sliced
2 heads Boston lettuce

1. Pre-heat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Cut the tops of the heads of garlic. Lightly drizzle with 1/4 of the grapeseed oil. Place on prepared baking sheet. Set aside.
3. Toss the sweet potatoes with the spices and the remaining oil. If room permits, spread evenly on the same baking sheet with the garlic. If making 24 servings use an additional baking sheet lined with parchment. Cook for approximately 40 minutes, or until sweet potatoes are fork tender and garlic is golden and soft. Allow to cool slightly before removing garlic skins.
4. Next, in a food processor, add the roasted garlic, chickpeas, tahini, nutritional yeast, lemon zest and juice. Pulse mixture 5 to 8 times (or 15 to 18 times if making 24 servings) until all ingredients are incorporated and chickpeas are slightly broken-down, but still chunky.
5. In a large bowl, mix together roasted sweet potato, chickpea mixture, celery, green onions, parsley, and mayo. Add salt and pepper. Refrigerate for 20 minutes, or overnight.
6. Serve on bread with boston lettuce and sliced tomatoes.

Tips:

- 1) Longer chilling times will produce better flavour for the filling.
- 2) Be sure to not over process chickpeas in food processor, as there should still be some semi-whole chickpeas. It should be chunky, and not a puree.
- 3) For a gluten free option, add filling to zucchini ribbons and roll. Secure with a toothpick.



Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 sandwich (347 g)	
par 1 sandwich (347 g)	
Calories 510	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 17 g	23 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.1 g	
Carbohydrate / Glucides 67 g	
Fibre / Fibres 15 g	54 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 19 g	
Cholesterol / Cholestérol 0 mg	
Sodium 490 mg	21 %
Potassium 800 mg	17 %
Calcium 150 mg	12 %
Iron / Fer 6 mg	33 %
Vitamin A / Vitamine A 300 mcg	33 %
Vitamin C / Vitamine C 17 mg	19 %
Vitamin E / Vitamine E 2 mg	13 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



Symbols: kid friendly, good for summer or spring, nut free, high source of fibre, high protein, good for bowel motility

Functional foods present: legumes (chickpeas), orange vegetables (sweet potato), allium vegetables (onions, garlic), spices, turmeric, leafy greens (parsley), seeds (tahini), nutritional yeast, whole grains (whole grain bread), tomatoes

Examples of phytochemicals and anti-oxidants present: carotenoids (sweet potato, leafy greens), allicin (onions, garlic), polyphenols (whole grains), curcumin (turmeric), lycopene (tomatoes)

Intro: The satisfyingly creamy salad sandwiches need not be omitted when eating for chronic disease prevention and management. They can be equal parts indulgent and health promoting, like our Curried Chickpea salad sandwich recipe equipped with homemade mayo and an assortment of crunchy and sweet vegetables. One sandwich contains over 50% of your Recommended Dietary Allowance for fibre and 19 g of protein.

Symbols: kid friendly, good for all seasons, high source of fibre, good for bowel motility, gluten free, soy free, nut free,

Functional foods present: parsnips, spices, turmeric, dried herbs

Examples of phytochemicals and anti-oxidants present: carotenoids (dried herbs), curcumin (turmeric)