

RECIPE | CUCUMBERS



CHICKPEA SALAD & VEGGIE SANDWICH



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INGREDIENTS

1 lb bag Pure Flavor® Poco Bites® Cocktail Cucumbers, sliced thinly lengthwise
4 whole grain bagels, sliced in half
4 radishes, thinly sliced
1 avocado, sliced
1 carrot, thinly sliced
1 big handful sprouts
1 tbsp mustard

For the chickpea salad:

½ can chickpeas, drained and rinsed
¼ cup fresh dill, chopped
¼ cup Italian parsley, chopped
1 tbsp mayonnaise
1 tbsp mustard
Salt and pepper to taste

DIRECTIONS

- 1 In a medium bowl combine all the chickpea salad ingredients. Mix until combined.
- 2 Spread mustard on each bagel, top with chickpea salad. Layer cucumber, carrots, radishes, and avocado.
- 3 Top with sprouts and other half of bagel. Cut in half and enjoy!



20 min

20 min
PREP.

N/A
COOKING



4



easy