



RECIPE | CUCUMBERS

# CHICKPEA SALAD & VEGGIE SANDWICH



20 min

20 min  
PREP.

0 min  
COOKING



4



easy

## 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!