Here is the recipe Bo Tang, RD - Wellness and Nutrition Coach at [Life of Pie Nutrition and Wellness](http://post.spmailtechnol.com/f/a/UPfmGJPDMnB8R3CR2pkZcQ~~/AAQxAQA~/RgRhKDaIP0QtaHR0cHM6Ly93d3cuZmFjZWJvb2suCiBjb20vbGlmZW9mcGlld2VsbG5lc3MvVwNzcGNCCgBGCANHX9AyDm5SEXNuYWRlbnNAZ21haWwuY29tWAQAAAAA) – prepared in a live cooking demonstration during our webinar on the nutritional benefits of pulses and their role in the Canadian prairies.

For more recipe ideas and to learn more about pulses you can find the video of the webinar, which also features Debra McLennan, RD - Food & Nutrition Coordinator at [Alberta Pulse Growers](http://post.spmailtechnol.com/f/a/QWBpj42vue3yRDy1mg2xhw~~/AAQxAQA~/RgRhKDaIP0QcaHR0cDovL3d3dy5hbGJlcnRhcHVsc2UuY29tL1cDc3BjQgoARggDR1_QMg5uUhFzbmFkZW5zQGdtYWlsLmNvbVgEAAAAAA~~), here: <https://www.youtube.com/watch?v=FXtmZyqQU1E&feature=youtu.be>

**Open-face Curried Chickpea “Tuna” Sandwich**Source: “Quarantine Kitchen” by Desiree Neilsen pg. 44 of True North Organic Living Maple magazine May-August 2020 issue.

Makes 2-3 sandwiches

**Description:** A tuna fish sandwich is such a nostalgic experience for many of us; this grown-up, plant-based version brings a new flavour to this old favorite. Packed with fibre and plant-based protein, this is a hearty and satisfying lunch or low-effort dinner.

**Ingredients:**

* 1 398ML-can no salt added chickpeas rinsed and drained (or 1 ½ cups cooked chickpeas)
* ¼ cup finely diced red onion or shallot or 2 tbsp minced yellow onion
* 1 stalk celery finely diced
* 1/3 cup vegan mayo
* 1 tbsp rice vinegar
* ¾ tsp curry powder
* ½ tsp turmeric
* ½ tsp salt
* 4 slices of bread
* Pickled vegetables or sauerkraut (optional)
* Salad greens such as cilantro, baby spinach or kale (optional)
* Lemon juice, salt or spice as desired (optional)

**Instructions:**

1.     Place chickpeas in a food processor and pulse a few times to break up the chickpeas.

2.     Add onion, celery, mayo, vinegar, curry powder, turmeric and salt and process until just incorporated, scraping down the sides as needed.

3.     Spread mixture onto toasted bread and enjoy.

Note from the recipe creator:

“[This recipe is] meant to be adaptable, making the most of whatever you find in your fridge and pantry. When using adaptable recipes, let your senses be your guide.” @desireenielsenrd