

Chickpea-Salad Sandwich

By Anne Banas, [SmarterTravel](#)



Why It's Great for Travel: When it comes to bringing a sandwich on a plane, there are several considerations: Is it packable? Does it have a strong aroma that might offend other passengers? Will it be able to hold up for several hours (as you wade through security and check-in lines)? You can tick all the boxes with this sandwich, which is made with mashed chickpeas rather than tuna and Greek yogurt instead of mayonnaise. By using a sturdy roll, it'll tuck neatly inside a sandwich bag and be easy to eat with your hands. Note: It pairs perfectly with salt-and-vinegar potato chips.

Yield: 4 sandwiches

15-ounce can chickpeas, rinsed and drained
1 clove garlic, peeled and minced
2 scallions, chopped
1 stalk celery, chopped
1 tablespoon fresh dill, chopped
½ cup Greek yogurt
1 teaspoon olive oil
1 teaspoon lemon juice
Salt to taste
Black pepper to taste
4 sandwich rolls, such as brioche

1. Place chickpeas in a bowl and lightly mash with a fork. Add remaining ingredients and mix until well combined.
2. Slice rolls in half and divide chickpea salad evenly among rolls.

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