

Smoked Almond and Chick Pea Salad Sammies

Chef: Diane Hurd

Ingredients:

Quick Smoked Almonds

2 1/2 tsp liquid smoke

1/2 tsp olive oil

1 tsp soy sauce, tamari or Bragg's liquid Aminos

1 tsp pure maple syrup

2 tsp nutritional yeast

1 tsp smoked paprika

1/4-1/2 tsp Asafetida

Sammies

3 cups cooked chick peas (2 15oz cans)

1 avocado

3 Tbl lemon Juice (1 large lemon)

zest from lemon

3/4 cups red, yellow and orange bell pepper

1/3 cup chopped fresh dill

1/3 cup chopped celery

1-2 tsp your favorite hot sauce

1/2 tsp salt or more to taste

ground pepper to taste

8-12 slices bread - toasted

Dijon mustard, lettuce and tomato slices



Instructions:

1. Heat oven to 350 F. lightly grease baking sheet.
2. To make almonds: mix together all the liquid ingredients in a small bowl. Mix together dry seasonings in a separate bowl. Add the almonds to the liquid bowl and stir to make sure all the almonds are coated. Scoop out the almonds, add them to the dry ingredient bowl and stir until the almonds are coated. (you can add the left over liquid ingredients to the Sammie filling so its not wasted). Put the coated almonds on the baking sheet. Toast almonds in oven for 10 min, stir them around and put them back in the oven for 5 more minutes.
Take out and let cool.
3. To make the Sammie filling: Add the chick peas, avocado, lemon juice and zest to a large bowl and mash them. Some chunks are fine - what ever you like. Stir in bell peppers, dill, celery hot sauce, salt and pepper.
4. Once the almonds have cooled, chop them up and add to the Sammie mix.
- 5 Adjust seasoning to taste. (I put in some hot and sweet smoked paprika and smoked salt.)
6. Serve the filling on toasted bread with Dijon mustard, lettuce and tomato.

