

Tuna Less Sandwich

- Prep Time: 15 minutes
- Total Time: 15 minutes
- Servings: 4

Ingredients:

Vegan Mayonnaise:

- 1/4 cup Simply Nature Original Organic Soymilk
- 1 tablespoon Simply Nature Organic Apple Cider Vinegar
- 1/4 teaspoon Stonemill Ground Black Pepper
- 1/2 cup Simply Nature Organic Extra Virgin Olive Oil
- Stonemill Iodized Salt, to taste
- 1/8 teaspoon Simply Nature Organic Ground Cumin
- 1/4 teaspoon Stonemill Ground Black Pepper
- Stonemill Iodized Salt, to taste
- 4 leaves romaine lettuce, halved
- 4 slices Simply Nature Seedtastic 21 Whole Grains & Seeds Bread
- 8 slices Roma tomatoes

Tuna:

- 15.5 ounces Dakota's Pride Garbanzo Beans, drained and rinsed
- 1 Great Gherkins Kosher Baby Dill Pickle, diced
- 1/4 cup diced celery
- 1/4 cup diced red onion

Directions:

1. For the vegan mayonnaise: In a blender, combine the soymilk, vinegar and pepper. Pulse until combined. Slowly add the oil, blending on high speed, until thick and creamy. Season to taste with salt. Reserve.
2. For the tuna: In a food processor, pulse the garbanzo beans.
3. In a medium bowl, combine the garbanzo beans, 3 tablespoons vegan mayonnaise, pickle, celery, red onion, cumin and pepper. Season to taste with salt.
4. Evenly divide the lettuce onto each slice of bread, followed by tuna and tomatoes.

Tip: Leftover vegan mayonnaise (approximately 9 tablespoons) will keep for one week in the refrigerator.



Recipe Courtesy of:
ALDI Test Kitchen