



Buffalo Chickpea Hoagie with Crispy Onions

Serves 4

Ingredients:

1 can chickpeas (15 oz)

1 teaspoon neutral oil

Dash sea salt

2 tablespoons vegan butter

3 tablespoons hot sauce

¼ teaspoon celery seed

¼ teaspoon parsley flakes

4 whole grain hoagie rolls, sliced in half lengthwise

4 slices Follow Your Heart Provolone Cheese, sliced in half on a diagonal

1/2 cup crispy onions

1 tomato, cut into rounds

4 large leaves butter lettuce

¼ cup Follow Your Heart High Omega Vegan Bleu Cheese Dressing

Directions:

Pre-heat oven to 400.

Place chickpeas on a baking sheet with teaspoon oil and dash sea salt and roast until slightly crisp, 10 minutes. Set aside.

Meanwhile, In a small pot over medium heat and add vegan butter, hot sauce, celery and parsley. Cook about 2 minutes to melt butter and stir in chickpeas once cooked. Set aside.

Toast hoagie buns and slather both sides with Follow Your Heart High Omega Vegan Bleu Cheese Dressing. Top each hoagie with Follow Your Heart Provolone Cheese, warm buffalo chickpeas, a few slices tomato, one piece of lettuce, and crispy onions. Enclose and enjoy.

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