



**Makes 4 sandwiches**  
**Preparation Time: 35 minutes**

#### INGREDIENTS:

6 oz. fingerling potatoes, halved lengthwise

4 oz. haricots verts (thin young green beans), trimmed, or thin asparagus spears

3 tablespoons red wine vinegar

3 tablespoons chopped pitted Niçoise olives

1 tablespoon coconut aminos or reduced-sodium tamari

1 tablespoon capers, drained

2 cloves garlic, minced

¼ teaspoon freshly ground black pepper

1 15-oz. can no-salt-added chickpeas, drained (not rinsed) and lightly mashed

½ of a 12-oz. package frozen artichoke hearts, thawed and coarsely chopped

2 8-oz. demi loaves whole wheat baguette-style French bread

4 thin slices red onion

1 roma tomato, thinly sliced

2 tablespoons fresh tarragon or ¼ cup fresh basil leaves

## Vegan Niçoise Salad Sandwich (Pan Bagnat)

This hearty niçoise salad sandwich is a classic in Nice, France, and is the perfect hunger-buster to get you through the afternoon. This vegan twist skips the tuna and uses artichoke hearts and chickpeas instead, with niçoise olives, capers, and red wine vinegar adding vibrant flavor. To assemble, scoop out some of the inside of a chewy baguette, then layer in tender potatoes, haricots verts (young green beans), niçoise salad mix, and tomato and onion. A little tarragon or fresh basil to garnish finishes it off perfectly! Cook in a panini press or on the stovetop for a warm, French-style sandwich worth talking about.

### Tips

**How to cook in a skillet:** If you don't have a panini press, weigh the sandwiches down by placing a large skillet on top of them; add a few unopened cans of food to the top skillet. (If you use a heavy cast-iron skillet, you won't need to add the cans for weight.) Cook over medium-high 2 minutes; turn sandwiches over. Replace skillet and cans; cook 2 minutes more or until sandwiches are golden and heated through.

**Gluten-free version:** To make this gluten-free, serve on gluten-free bread. If using tamari, use a gluten-free brand.

For more inspiration, check out these tasty ideas:

- “No-Tuna” Salad Sandwich
- Quick and Easy Jackfruit Salad Sandwiches
- Middle Eastern Pita Pocket Sandwiches
- Tempeh BBQ Sandwiches with Pineapple Slaw

By Ellen Boeke

- 1 Place potatoes in a steamer basket set in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 20 minutes or until tender. Add haricots verts; steam 3 minutes more.
- 2 In a large bowl whisk together the next six ingredients (through pepper). Add chickpeas and artichoke hearts; toss to combine.
- 3 Cut demi loaves in half lengthwise. Scoop out some of the interior of the loaves to create open pockets. Arrange potatoes and haricots verts in bottom of baguettes. Spread chickpea mixture over top. Top with onion, tomato, and tarragon. Add top of baguette, pressing gently. Cut sandwiches in half.
- 4 Heat a panini maker to medium-high. Add sandwiches, in batches if needed; cook 3 to 4 minutes or until sandwiches are toasted and heated through. Serve immediately.