



Chickpea Salad Sandwich

Prep Time: 10 Min Serves: 4

Ingredients:

- 15 oz chickpeas, 1 can, drained and rinsed
- 1/4 cup red onion, diced
- 1/2 red bell pepper, diced
- 1 ripe avocado, mashed
- 1 1/2 teaspoon dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 tsp onion powder
- 1 Tbsp lemon juice
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 Tbsp fresh dill or parsley minced
- leafy green, to serve
- whole grain bread, sliced, to serve

Instructions:

1. In a medium mixing bowl, add chickpeas and avocado. Mash with potato masher or the back of a fork until a chunky texture is reached.
2. Add the red onion, red pepper, Dijon mustard, garlic powder, onion powder, salt, pepper, lemon juice, and dill, and stir until well combined.
3. To assemble sandwich, spread mixture onto bread and top with leafy greens of choice.

Substitute the avocado with 3 Tbsp of mayo or plain greek yogurt!
Try adding different veggies such as carrots, radishes, cucumber, tomato, or hot peppers!

