



# Chickpea Salad Sandwich

Prep Time: 15 min. Makes: 4 sandwiches.

Let's blend an avocado up into a mayo-like dressing, and use it as a dressing for a chickpea salad – which makes a great replacement for tuna salad in a sandwich!

## AVO-MAYO INGREDIENTS

1 avocado  
1/4 cup fresh lemon juice  
1 clove garlic (optional), or 1 tsp  
garlic powder  
pinch salt  
1 tsp dijon mustard (optional)  
1 tsp paprika (optional)

## CHICKPEA SALAD

1 14oz can chickpeas  
1/2 cup celery, diced  
1/2 cup red pepper, diced  
1 Tbsp green onion or chives,  
chopped  
2-3 Tbsp fresh parsley, chopped  
1 Tbsp dried nori, chopped  
(optional)

Sea salt, to taste

## SANDWICH INGREDIENTS

Whole grain bread, pita or wrap  
Lettuce, spinach or sprouts  
Sliced tomato

## DIRECTIONS

1. Puree the avocado mayo ingredients until smooth, adding more water if necessary for consistency.
2. Mash the chickpeas with a fork, potato masher or your hands. Mix in the rest of the chickpea salad ingredients.
3. Spread some of the chickpea salad onto a slice of bread, or into a pita or wrap. Top it with spinach, lettuce or sprouts. It's great as an open-face sandwich with a big leaf of lettuce instead of a 2nd slice of bread.
4. Put the sandwich in a baggie or container, and refrigerate until you eat it.

## NUTRITION FACTS

Per serving  
Calories 335

% Daily Value\*

9 g	Total Fat	14%
1 g	Saturated Fat	7%
0 mg	Cholesterol	0%
290 mg	Sodium	12%
51 g	Carbohydrates	17%
13 g	Dietary Fiber	53%
10 g	Sugar	
15 g	Protein	23%
4492 IU	Vitamin A	98%
53 mg	Vitamin C	88%
131 mg	Calcium	13%
4 mg	Iron	31%

## Hints & Tricks

You can use the avo-mayo any number of ways:

- as a dip for sweet potato fries
- as a topper for chili
- thicker, as a condiment on a veggie burger
- thinner, as a dressing for a kale salad