



Chickpea salad sandwich

Yield: Makes: 2 servings

Serving Size: 1 sandwich

Ingredients

- 1 15 oz can chickpeas, drained and rinsed
- 1 rib celery, sliced thinly
- 3 green onions, sliced
- 1 lemon, quartered and juiced
- 1-2 tbsp Mayonnaise
- 1 cup Lettuce, spinach, or spring mix
- 4 slices Whole wheat bread

Directions

1. In medium bowl, smash chickpeas with fork.
2. In the same bowl, combine chickpeas with celery, green onions, lemon juice, mayonnaise. Add salt and pepper to taste.
3. Assemble sandwich by adding chickpea mixture and greens to bread.

Optional add-ins

1. Hummus or tahini sauce can make the sandwich more filling.
2. Vegetables like sliced red onions, tomatoes, or cucumber
3. A hard-boiled egg, crumbled or cut in quarters.
4. A slice of swiss cheese

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