CHICKPEA SANDWICH

A GREAT QUICK VEGETARIAN SANDWICH

YEILDS 3 SERVINGS

INGREDIENTS

1 can drained low-sodium chickpeas*  
  1/4 onion diced*  
  2 stalks celery diced  
  2 TBS mayo of choice  
  1/2 tsp dijon mustard*  
  1/2 tsp garlic powder  
  1/2 tsp dried dill*  
  Salt and pepper to taste  
  Bread for sandwiches  
  Tomato and lettuce for topping

INSTRUCTIONS

1. Combine the chickpeas, onion, celery, mayo, dijon and spices in a bowl and mash slightly with a fork
2. Scoop onto bread of choice and top with lettuce, tomato and another slice of bread

*White beans work well if you can't find chickpeas  
*2 scallions can replace onion  
*Can use lemon juice in place of dijon  
*Poultry seasoning works in place of dill