

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

