

P&S Mashed Chickpea "egg" salad Sandwiches



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 2 cup [500 g] Chickpeas (canned and drained)
- 1 avocado [136 g] Avocado
- 0.5 cup, chopped [63 g] Red Onions (*or to preference*)
- 2 tbs [94 g] Lemon Juice
- 1 tbsp [14 g] Olive Oil
- 1 tsp [5.5 g] Dijon Mustard
- 0.25 cup [0.25 g] Cilantro (*parsley or dill*)
- 1 dash Salt and Pepper
- 8 1 slice [272 g] Ezekiel 4:9 Sesame Sprouted Whole Grain Bread (Food For Life Baking Company) (*toasted*)
- 4 leaf [80 g] Romaine Lettuce
- 1 tsp [2 g] Curry Powder
- 0.5 stalk [20 g] Celery (*diced*)

DIRECTIONS

1. Mash the Chickpeas and Avocado: In a medium bowl, add the rinsed and drained chickpeas and the avocado flesh. Use a fork or a potato masher to mash them together. You can leave it slightly chunky for more texture or mash it until smooth and creamy, depending on your preference.
2. Add Lemon Juice: Stir in the lemon juice. This will add brightness and help prevent the avocado from browning.
3. Incorporate Flavor: Add the dijon, chopped red onion, celery and spices. Stir well to combine all the ingredients. Season generously with salt and freshly ground black pepper to taste. add the fresh cilantro at the very end
4. Toast the bread and build sandwich with romaine
5. serve sliced apple and edamame on side

NUTRITION INFO

Calories : 409.41

Fat : 11.4 g

Carbs : 63.17 g

Protein : 17.27 g

Fiber : 14.43 g

Sugar : 1.06 g