

Chickpea of the Sea Salad Sandwich



Ingredients

1 can chickpeas (15 oz) (garbanzo beans) salt and pepper to taste
1/2 lemon juice (zest if you like) whole grain bread
4 Tbsp hummus leafy greens
1/2 cup celery, chopped
1/2 cup red onion, chopped
1/2 tsp garlic powder

Instructions

Drain and rinse beans, place in medium size bowl and roughly mash with back of a fork or potato masher until desired consistency. Add rest of ingredients and mix well, adding any extra ingredients you like. Serve chilled or at room temperature on bread of choice along with some leafy greens.

Nutrition Information Per Serving

Serves 4
Calories: 140
Fat: 4 gm
Sodium: 240 mg
Fiber: 7 gm
Carbohydrates: 22 gm
Protein: 7 gm