

Chickpea of the Sea Salad Sandwich



Ingredients

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

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
Sugars: 4 gm