

Chickpea Salad Sandwich



Ingredients (4 servings):

- 1 can of chickpeas, drained and rinsed
- 2 tablespoons of mayo
- 1/4 cup of diced red onion
- 1/4 cup of diced celery
- 1 tablespoon of lemon juice
- Salt and pepper (to taste)

Instructions:

- 1) Drain and rinse 1 can of chickpeas and then add to a medium sized bowl.
- 2) Mash the chickpeas with a fork and then add all of the ingredients to the bowl and mix.
- 3) Assemble a sandwich as you would a tunafish sandwich or eat the salad without the bread, it's just as good!
- 4) Enjoy!

Recipe from: <https://www.holisticnutritioncoach.org/chickpea-salad-sandwich>

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 147

% Daily Value *

Total Fat 10 g 16 %

Saturated Fat 1 g 4 %

Monounsaturated Fat 1 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

Cholesterol 3 mg 1 %

Sodium 52 mg 2 %

Potassium 28 mg 1 %

Total Carbohydrate 13g 4 %

Dietary Fiber 0 g 1 %

Sugars 0 g

Protein 3 g 6 %

Vitamin A 2 %

Vitamin C 1 %

Calcium 1 %

Iron 0 %