

Chickpea Salad Sandwich

INGREDIENTS

- 15 oz can chickpeas, drained and rinsed
- 1 rib celery, thinly sliced
- 1 to 2 tablespoons light mayonnaise
- 1 tablespoon lemon juice
- Salt and pepper, to taste
- 2 slices of bread

Optional

- Lettuce
- Tomatoes

TIME: 10 MINUTES
SERVINGS: 2



Adapted from: thekitchn.com



This institution is an equal opportunity provider. This material was funded in part by SNAP.

Chickpea Salad Sandwich

INGREDIENTS

- 15 oz can chickpeas, drained and rinsed
- 1 rib celery, thinly sliced
- 1 to 2 tablespoons light mayonnaise
- 1 tablespoon lemon juice
- Salt and pepper, to taste
- 2 slices of bread

Optional

- Lettuce
- Tomatoes

TIME: 10 MINUTES
SERVINGS: 2



Adapted from: thekitchn.com



This institution is an equal opportunity provider. This material was funded in part by SNAP.

PROCEDURE

1. Thinly slice the celery.
2. Drain and rinse the chickpeas. In a medium bowl, smash the chickpeas with a fork.
3. Combine the chickpeas with the chopped celery, light mayonnaise, lemon juice, salt and pepper. If the salad is dry, add more light mayonnaise
4. Assemble the chickpea salad sandwich: Top bread with chickpea spread and any additional toppings.

Note: The chickpea spread stores for up to 3 days refrigerated in an airtight container



This institution is an equal opportunity provider. This material was funded in part by SNAP.

PROCEDURE

1. Thinly slice the celery.
2. Drain and rinse the chickpeas. In a medium bowl, smash the chickpeas with a fork.
3. Combine the chickpeas with the chopped celery, light mayonnaise, lemon juice, salt and pepper. If the salad is dry, add more light mayonnaise
4. Assemble the chickpea salad sandwich: Top bread with chickpea spread and any additional toppings.

Note: The chickpea spread stores for up to 3 days refrigerated in an airtight container



This institution is an equal opportunity provider. This material was funded in part by SNAP.