



# Smashed Chickpea and Avocado Salad Sandwich

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Recipe Source: [www.twopeasandtheirpod.com](http://www.twopeasandtheirpod.com)

Servings: 2

## Ingredients:

1 (15 oz) can chickpeas  
1 large ripe avocado  
¼ cup fresh cilantro, chopped  
2 Tbsp chopped green onion  
Juice of 1 small lemon or lime  
Salt and pepper, to taste  
Whole grain bread, pita, or tortillas, for serving  
Fresh spinach and other desired toppings

## Steps:

- Rinse and drain the chickpeas. Add to a large bowl along with the avocado and mash with a fork or potato masher.
- Add cilantro, green onion, and lime/lemon juice and stir to combine. Season to taste with salt and pepper.
- Spread on bread, pita, or in a tortilla for a wrap. Add any other favorite sandwich toppings.

*Tips from the Test Kitchen: Fresh sliced tomatoes, cucumber, and fresh spinach are a delicious combination for this filling. It can also be used as a dip for whole grain crackers and cut up vegetables.*

**Nutritional Facts:** Calories: 496, Carbohydrates: 62 grams, Protein: 20 grams, Total Fat: 21 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 811 mg, Fiber: 21 grams, Total Sugars: 4 grams.