Chickpea Salad Sandwich

Ingredients

- Bread
- Onion
- Chickpeas
- Celery
- Lettuce
- Mayonnaise

Prep: 5 minutes

Prep Time: 5 minutes

Ingredients:
- 1 ½ cups cooked chickpeas, or 1 15 ounce can chickpeas
- 2-3 stalks celery, chopped
- ¾ onion, chopped
- 1-2 tablespoons mayonnaise
- Lettuce
- Salt and pepper
- Sliced bread

Optional:
- This recipe works best with a red onion, but you can use other types of onions as well.
- Add a splash of lemon juice, vinegar, and a sprinkle of sugar to elevate the flavor.
- Add other vegetables such as chopped cucumbers, carrots, etc., to the chickpea salad.
- Add other toppings to the sandwich such as tomatoes, avocado, or other leafy greens.
- Try substituting mayonnaise with yogurt for added nutrition.
- For a fun and flavorful crunch, add potato chips to the sandwich.
- Add fresh herbs such as green onions, cilantro, or parsley.

Cook: 5 minutes

Cook Time: 5 minutes

1. Chop the vegetables.
2. Drain and rinse the chickpeas. In a bowl, smash the chickpeas with a fork. The consistency does not need to be completely smooth, it is best chunky.
3. Combine the chickpeas with the chopped vegetables, mayonnaise, and any other herbs and seasonings. Salt and pepper to taste.
4. Assemble the sandwich by adding the chickpea salad to the bread and topping it off with lettuce.
5. Serve and Enjoy!

Other Options:
- Can serve this chickpea salad as a dip for crackers and veggies instead of as a sandwich.
- Can also enjoy this chickpea salad in tortillas or lettuce wraps!