Buffalo Chickpea Salad Sandwich

**Ingredients**
- 1 can, or 1-2 cups, chickpeas
- 1/3 cup mayonnaise
- 1.5 tablespoons sriracha/hot sauce (or to taste)
- 1 teaspoon lemon juice

Optional:
- Can substitute mayonnaise with yogurt or use a combination of both.
- Use as much or as little sriracha/hot sauce as you like
- If you don’t like spicy foods, you can leave out the sriracha/hot sauce and replace it with another dressing.
- Use your choice of vegetables to add to this sandwich. Try a handful of spinach, sliced carrots, cucumbers, bell peppers, avocado, tomatoes, or anything else you’d like!
- Add fresh herbs such as cilantro, parsley, and green onion.

**Prep Time: 5 minutes**

1. Add the chickpeas to a bowl with the mayonnaise, sriracha, lemon juice, and any herbs and seasonings.
2. Mash the chickpeas until they are broken down and the dressing ingredients have combined. If the beans are too dry, add some broth or water to give them some moisture.
3. To build the sandwich, add the chickpea salad to any tortilla, or piece of bread and add toppings of your choice.
4. Serve and Enjoy!

**Cook Time: 5 minutes**

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3. To build the sandwich, add the chickpea salad to any tortilla, or piece of bread and add toppings of your choice.
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**Cooking Notes:**
- Chickpea salad is really easy to store in the refrigerator and whip together when you need a quick snack or meal!
- Traditionally, this is served as a cold sandwich, but you can easily make this a hot sandwich by frying it in a pan for a couple minutes on each side or popping it in the oven for a couple minutes.
- Add any of your favorite dressings and other toppings to customize this sandwich!