



RECIPE:

SMASHED CHICKPEA, AVOCADO, AND PESTO SALAD SANDWICH

This simple chickpea salad looks SO good! It can also be good with veggies, crackers, chips, or on a bed of greens!

Ingredients:

- 1 (15 ounce) can chickpeas, rinsed and drained
- 1 large ripe avocado
- 2 tablespoons Basil Pesto
- Juice from 1/2 lemon
- Salt and pepper, to taste
- Slices of bread Ezekel
- Spinach leaves, if desired

Directions:

1. Place the chickpeas on a paper towel or clean kitchen towel and remove the outer skins. Roll them around a bit and they will come off easily. You can leave them on, but I like to remove them.
2. In a medium bowl, combine the chickpeas and avocado. Smash with a fork until well combined. It is ok if some of the chickpeas are chunky. I like the texture. Stir in pesto and fresh lemon juice. Season with salt and pepper, to taste.
3. Spread chickpea salad on bread slices and top with spinach leaves, if using. Cut sandwich in half and serve!

Note: I use our homemade Spinach Basil Pesto, but you can use store bought. If you need the sandwich to be vegan, use vegan pesto. This salad also makes a great dip too. Serve with cut up veggies, crackers, or pita chips. Also, this salad is best eaten the day it is made because it will turn brown due to the avocado. Use gluten-free bread if you need the recipe to be gluten-free.