

Chickpea Salad Sandwich

Crunchy yet smooth, this fresh chickpea salad can make the perfect on-the-go lunch that will keep you full and happy! Reminds me of a little of egg salad!

Preparation Time: min.

Cooking Time: min.

Servings: 3

Amount	Ingredient	Cost – date:
15 oz can (425 g)	Chickpeas, drained and rinsed	
1/4 cup (40 g)	Red Onion, diced	
1/2	Red Pepper, diced	
3 Tbsp	Mayonnaise	
1/2 tsp	Dijon Mustard	
1/2 tsp	Garlic Powder	
1/2 tsp	Onion Powder	
To Taste	Salt and Pepper	
1 Tbsp	Fresh Dill, chopped	
To Serve	Leafy greens (lettuces, kale, spinach etc.)	
	Bread, sliced (whole wheat or white or rye)	
		Cost for the total recipe:
		Cost for 1 serving:

Instructions:

1. In a medium mixing bowl, add chickpeas and mash with potato masher until a chunky texture is reached.
2. Add the red onion, red pepper, mayo, Dijon mustard, garlic powder, onion powder, salt, pepper, and dill, and stir until well combined.
3. Store chickpea salad in refrigerator for up to 4 days. To assemble sandwich, spread mixture onto bread and top with leafy greens of choice. Enjoy!!!

SOURCE: <https://tasty.co>

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!

“Give us this day our daily bread.” Matthew 6:11