

AVOCADO CHICKPEA SALAD SANDWICHES

Adapted from yummyhealthyeasy.com

Serves: 2 sandwiches

INGREDIENTS

- 1 cup cooked chickpeas
- ½ avocado
- 1 Tbsp. non-fat plain Greek yogurt
- ½ tsp fresh lime juice
- 1 green onion, chopped
- 1 Tbsp. cilantro, chopped
- ¼ tsp. salt, or more for taste
- ⅛ tsp. pepper
- 4 slices whole wheat bread

MATERIALS NEEDED

- Mixing bowl
- Fork
- Knife
- Cutting Board
- Measuring spoons
- Measuring cups
- Can opener

INSTRUCTIONS

1. In a bowl, smash together chickpeas and avocado with the back of a fork until you get the texture that you desire.
2. Mix in Greek yogurt, lime juice, green onion, cilantro, salt and pepper. Spread onto two slices of bread and top each with another slice of bread. Serve and enjoy!

